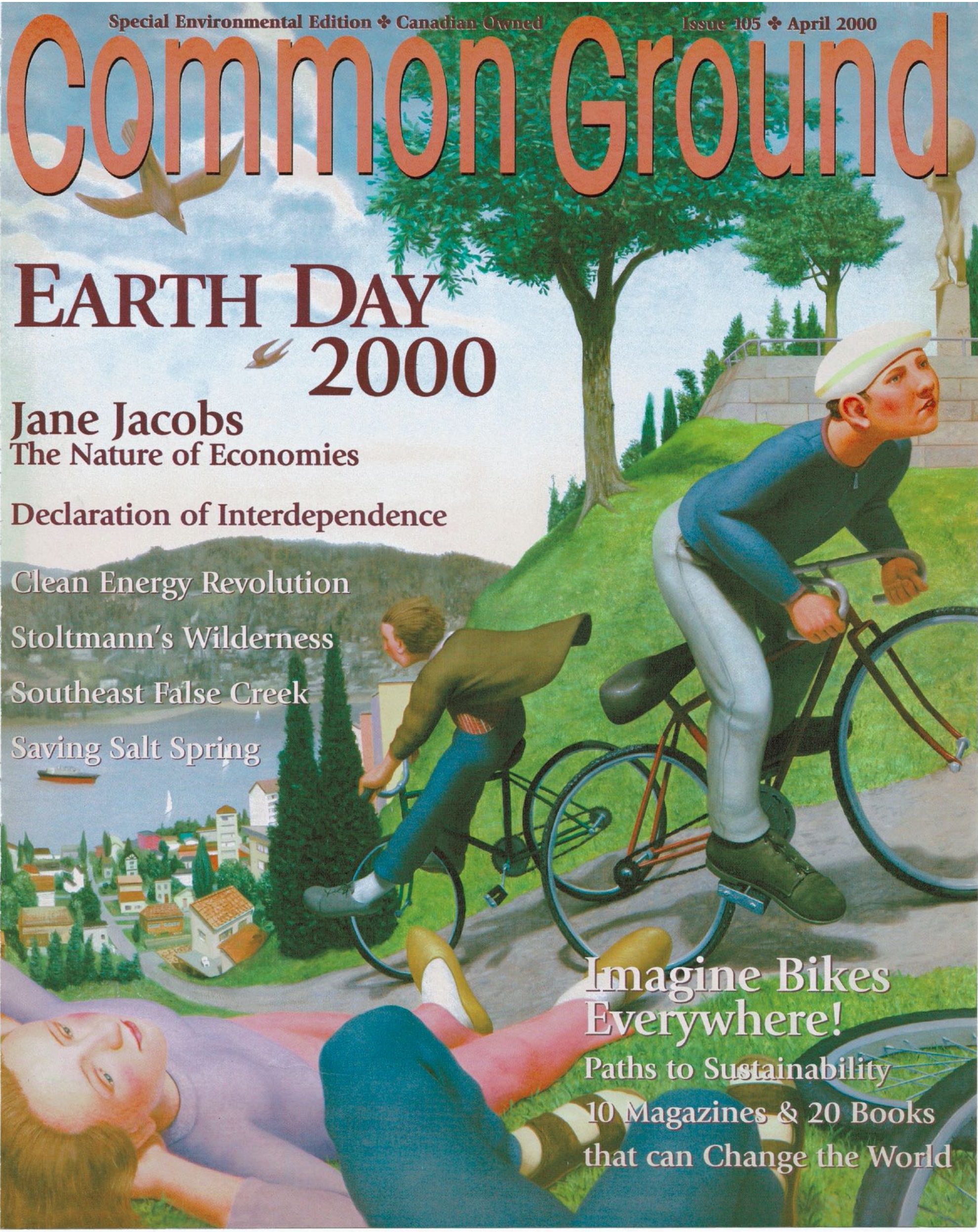


Special Environmental Edition ♣ Canadian Owned

Issue 105 ♣ April 2000

Common Ground



EARTH DAY 2000

Jane Jacobs
The Nature of Economies

Declaration of Interdependence

Clean Energy Revolution

Stoltmann's Wilderness

Southeast False Creek

Saving Salt Spring

Imagine Bikes
Everywhere!

Paths to Sustainability

10 Magazines & 20 Books
that can Change the World

Cure Chronic Pain & Serious Conditions

FREE PUBLIC SEMINARS

Free Qi Gong, Acupressure, Acupuncture, and Cupping offered at the seminar

Saturdays

April 15th
1 pm, Vancouver
103-805 West Broadway

April 22nd
2 - 4 pm, Richmond
West Richmond
Community Centre
9180 - No. 1 Road

April 29th
2 - 4 pm, Surrey
Whalley Library
Meeting Room
10347-135 Street

May 6th
3 - 5 pm, Burnaby
Bonsor Recreation Centre
Multiple Room 1
6550 Bonsor Street

Every Wednesday, 6:45 pm at the Clinic
#103 - 805 West Broadway

April 5th & 19th - Muscle & Tissue Pain
Arthritis/Chronic Pain/Car Accident /Headache/
Fibromyalgia/Tendinitis/Sports Injuries /Rheumatism

April 12th - Internal Organ & Immune system
Allergies/High Blood Pressure /Skin Condition/Diabetes/
Asthma/Cancer

April 26th - Addiction & Mood
Smoking/Weight Loss/Drugs/Infertility/Impotence/
Depression/Stress

May 3rd - Muscle & Tissue Pain
Arthritis / Chronic Pain / Car Accident / Fibromyalgia /
Tendinitis/ Sports Injuries/Rheumatism

Testimonials:

"I had a small stroke on Nov. 3, 1999. I stayed in the hospital for 5 days and went through all kinds of tests. But the specialists could not find anything. After my stroke I lost my ability of moving my left side: leg, arm & mouth. I went to specialist clinics & chiropractic and they said it was too soon to do anything to help me and I had to wait to mid-January to get help. Then I came to Dr. David Bo Zhong's clinic. After my first treatment here I was able to move & kick my left leg, feeling 60% better than I had been before. I am very grateful to find this clinic, otherwise I do not know what would happen to me with my health. Thanks so much to Dr. Duff Sun and Dr. Zhong."
- Lorie Khu

"Words cannot express the way I feel not knowing that this acupuncture/acupressure was the answer to help relieve my PAIN as a result of 3 separate auto accidents. I have been through a lot over the past 3 years. It would be my pleasure to refer you to any one of my associates or friends with chronic pain. I cannot believe that acupuncture really works!! I'm impressed. I'll be back. You can count on it."
- Gary Hiscoy, Delta

Free consultation and diagnosis



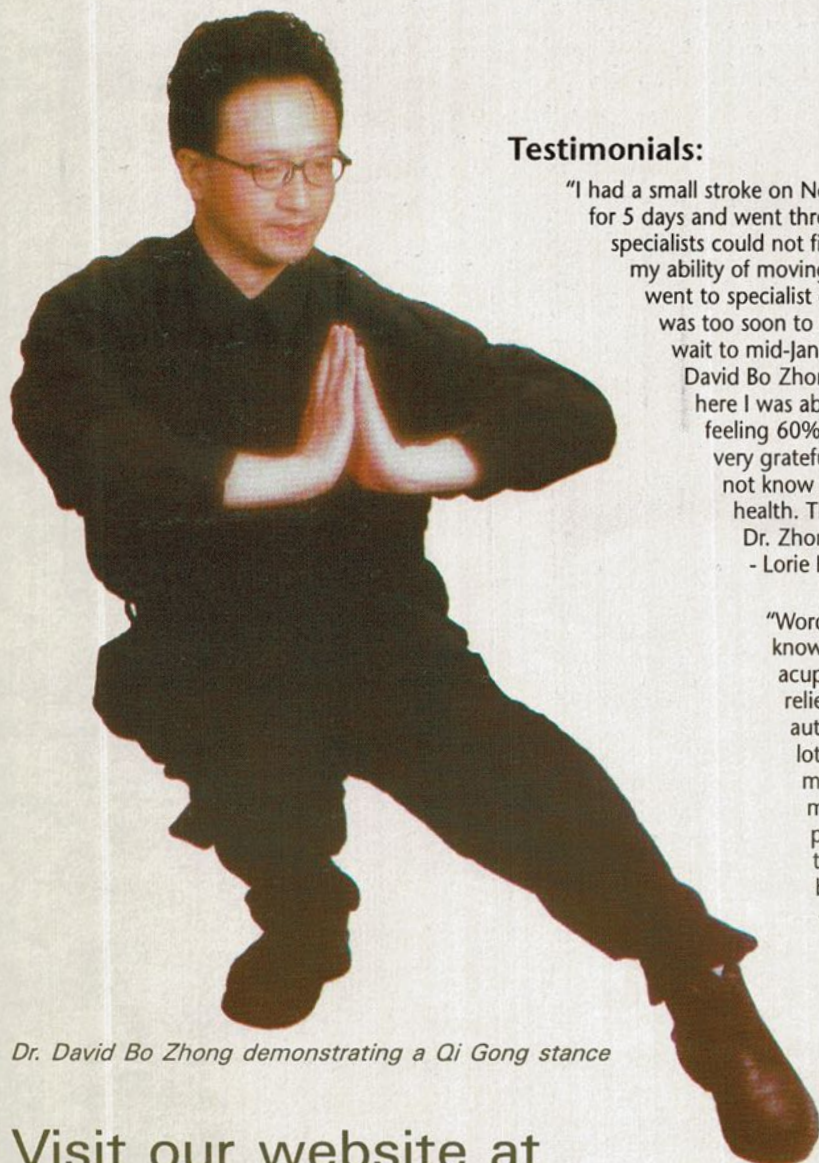
Dr. Zhong's highly skilled team of doctors use over 100 different techniques and more than 1,000 herbs to ease muscle and tissue pain, both to cure very serious ailments and to develop optimal personal health. Treatment is gentle, pain-free, with no negative side-effects and has been used to treat patients all over the world.

The World Health Organization recognizes acupuncture and Traditional Chinese Medicine's ability to treat health disorders, injuries, and other ailments. Dr. Zhong's rate in producing cures is over 90%.

Preventative Medicine. Dr. Zhong and his team will ensure that your body is operating at peak efficiency. Catch health weaknesses before they become chronic problems. Learn techniques that promote happiness, peace and well-being.



Director of the OMEI Health Consulting Inc., Former Chief Doctor at China's Hubei Professional Specialist Clinic for Incurable Diseases, Grand Master in Qigong, Taiji and Kung Fu.



Dr. David Bo Zhong demonstrating a Qi Gong stance

Visit our website at
www.omeihealth.bc.ca

OMEI Health Consulting Inc.
103 - 805 West Broadway at Willow, Vancouver, BC V5Z 1K1

For more information, self-healing
videos and free consultation call

879-9686

10% Off
First Order*

**Coming in mid-April...
Organic Groceries!**

Organic food is safe,
chemical free, and natural.
It is also superior in
flavour, has a better
balance of minerals, and
higher vitamin levels.

*Offer expires April 31, 2000

**Organic produce and groceries
delivered FREE to your doorstep**

ORGANICS@HOME



- > Custom ordering from a variety of fruits and vegetables in three convenient box sizes - Personal (\$25), Regular (\$35), and Family (\$45)
- > Freshest and best quality produce 100% guaranteed
- > Delivering to Vancouver, the North Shore, New Westminster, Burnaby, and now to the Tri-City area.

Call 926-7692 or 723-3697 or
Sign up online www.organicsathome.com

**Reversing the hands of time
Try Secretagogue-3x3™ risk free...
and start reversing the effects of aging**



A natural product
that induces the
release of hGH from
YOUR OWN pituitary!

Higher hGH levels make you:

- Look younger
- Gain energy
- Improve sleep
- Increase libido
- Lose body fat
- Promote healing
- Increase lean muscle

**Leading Edge
Body Technology
Oral Spray Delivery System**
604-649-9659
1-877-306-1840
<http://www.bodytechnology.com>



*International College of
Traditional Chinese
Medicine of Vancouver*

**Do you want to
have a rewarding
career in natural
health care?**

ICTCMV is ready to help
you reach your goal

WE OFFER DIPLOMA PROGRAMS:

- ✓ Chinese Medicine
- ✓ Chinese Acupuncture
- ✓ Chinese Herbology

WE OFFER CERTIFICATE PROGRAMS:

- ✓ Medical Acupuncture
for health professionals
- ✓ Continuing Education
Acupuncture, Tui Na,
Food Cures...total of
10 courses

CLASSES START:

- ✓ May ✓ September

**Financial assistance
may be available**

We accept transfer credits

CLINIC OPEN TO PUBLIC

- ✓ Teaching Clinic
Free Consultation, very
low cost on treatments

Professional Clinic

Dr. Henry Lu, Ph.D.
Dr. Laina Ho, DTCM

Information sessions:

Every Thursday
(except holidays)
2:00 - 4:00pm

Call: 731-2926

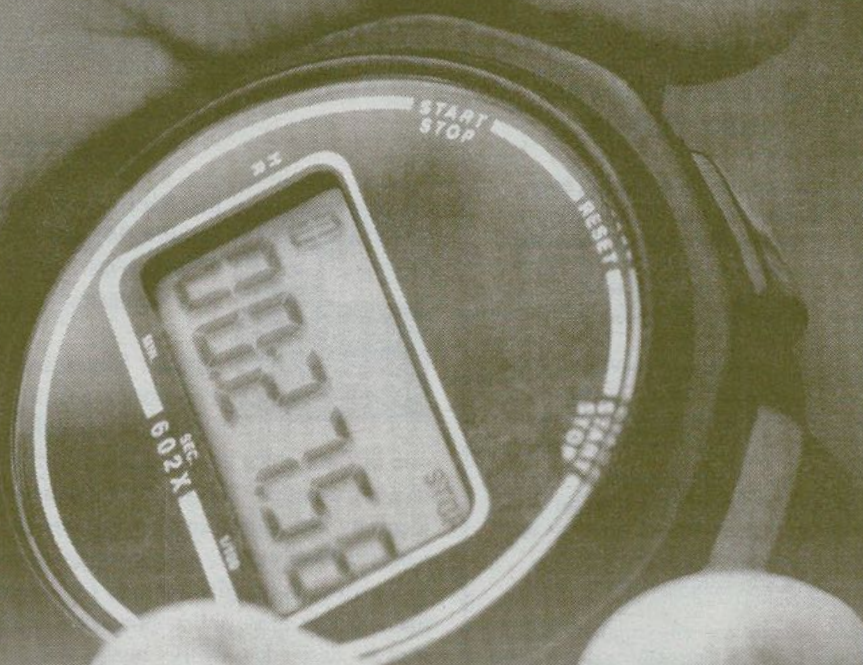
**International College of
Traditional Chinese
Medicine of Vancouver**

201-1508 West Broadway,
Vancouver B.C. V6J 1W8

E-mail: info@tcmcollege.com
www.tcmcollege.com

**Every Minute, Someone in North America
Dies from Cancer. Every Thirty Seconds,
Someone Dies from Cardiovascular Disease.**

**When Will
Time Stop
for You?**



Debilitating diseases are on the rise throughout North America even when adjusted for population growth. Yet it seems every week a new medical "breakthrough" is announced on the evening news. Why the disparity?

Learn what you can do to avoid debilitating, often deadly diseases by attending a free lecture by Francisco Contreras, M.D., general director of the Oasis of Hope Hospital in Mexico. Dr. Contreras has worked with nearly 10,000 cancer patients at his world-renowned hospital, and will share his practical, simple, and sound tips for living disease-free.

The first 100 people to register for the free lecture will receive a free copy of Dr. Contreras's new book, *The Hope of Living Cancer-Free*.

This lecture is sponsored by AIM Canada.

Date: Friday, April 14, 2000

Time: Doors open at 6:30 p.m., lecture begins at 7:00 p.m.

Location: Radisson Hotel Burnaby, 4331 Dominion St., Burnaby, BC

To preregister, call AIM Canada at 604-263-8497 or 888-343-9977.

Taking the Time to Attend This Lecture Just Might Buy You Time in the Long Run.

YOGA is the special theme for next month's Common Ground.
Call 733-2215 now to secure your advertising for May, 2000.

Painting & Experience MEDITERRANEAN CORSICA

Painting/Creativity/Travel/Retreat
September 6 - 22, 2000



16 Day Workshop with Zshu-Zshu Mark

- Intense work/instructional days
- Superb accommodation in 16th C. Manor
- Divine French and Corsican cuisine
- Breathtaking excursions (3)

\$3,319 + Air

for details (604) 255-1025

www.geocities.com/zshuzshumark



ATLIN ART

A Life-Changing Experience

3 - Week Workshops
11-day Creativity Retreats

www.atlinart.com

www.atlinquest.com

ATLIN QUEST

Breathe fresh energy into your life
9-day

Wilderness Adventure
Canoeing - Alpine Hiking
Glacier Walk

For Summer 2000 phone

1-800-651-8882 or

e-mail: atlinart@netcom.ca

or register on line.

Natural Veterinary Medicine Services

Gentle Healing for your Animal Friend

small animal
holistic veterinarian - homeopath
Dr. Peter Dobias

For appointments call

986-7387

Natural Veterinary Services
2916 Lonsdale Ave.
North Vancouver, BC
(located at Lions Vet Clinic)

Natural
diet consultation

C. Fraitzl



Common Ground

PUBLISHER & SENIOR EDITOR

Joseph Roberts

PUBLISHER'S ASSISTANT

Sonya Weir

MARKETING & DEVELOPMENT

P.K. Holmes

ADVERTISING

Sandra Tait

Suzanne Coy

Paul Gill

ACCOUNTING

Jim Duff

PRODUCTION

Lisa Wilder

Peter Bromley

CONTRIBUTORS

Gwen Randall-Young • Mansukh Patel

Dr. David Bo Zhong • Joe Foy

Allison McCutcheon Ph.D • Jean Houston

Guy Dauncey • Fiona S. Crofton

Mark E. Holland • Cheeying Ho

Dr. David Suzuki • Jim Fulton

Murray Reiss • Elizabeth Courtney

Deborah Curran • Joseph Roberts

COVER

Art by Michael Abraham

Cover design by Lisa Wilder

For advertising rates, call Common
Ground and ask for a salesperson.

Toll free for advertisers only:

1-800-365-8897

COMMON GROUND PUBLISHING CORP

Office: 201-3091 W. Broadway

Vancouver, B.C., Canada V6K 2G9

Phone: (604) 733-2215

Fax: (604) 733-4415

E-Mail: cgbc@web.net

ISSN No. 0824-0698

Copies Printed: 70,000

Over 250,000 readers per issue

Survey shows 3 to 4 readers/copy

SUBSCRIPTIONS

Annual subscription is \$39 (US\$30) for one
year (12 issues). Single issues are \$5
(specify issue number).

Payable by cheque or money order.

All contents are copyrighted. Written permission from the publisher is required to reproduce, quote, reprint, or copy any material from Common Ground. Opinions and views expressed in the articles do not necessarily reflect those of the publishers or advertisers. Common Ground Publishing Corp. neither endorses nor assumes any liability for any and all products or services advertised or within editorial content. Furthermore, health-related content is not intended as medical advice and in no way excludes the necessity of an opinion from a health professional. Advertisers are solely responsible for their claims.

OWNED BY CANADIANS

PUBLISHED 12 TIMES A YEAR IN CANADA

Canadian Mail Publications Product Agreement



Contents

April 2000 • Issue 105

REGULAR FEATURES

- 18 The Common Reader
- 23 The Resource Directory
- 32 Datebook
- 33 Cardfile
- 34 Gwen Randall-Young

ARTICLES

- 5 Guy Dauncey Guest Editor
- 6 Jane Jacobs - Connecting Nature and Economy
- 8 Randy Stoltmann's Beloved Ancient Forest
- 10 Saving The Enchanted Island
- 13 Shaping Your Future
- 14 Southeast False Creek
- 17 The Clean Energy Revolution
- 20 Carefree and Car Free Travel Map
- 21 Imagine Bikes Everywhere
- 22 Perspectives of The Heart
- 33 Growing Greener
- 35 Recharging Your Sexual Energy
- 36 David Suzuki - Declaration of Interdependence
- 38 Vancouver International Marathon - See How They Run

Cover Artist



Michael Abraham
Uphill / Downhill
oil on canvas
40 x 40 inches

Artist's Statement

The cover painting *Uphill / Downhill* is one of the lighter images from my most recent exhibition. The image contains an ideal city with figures enjoying cycling and nature. I usually prefer to leave things open to the viewers imagination, but I will say that a deeper, more philosophical meaning may be derived from this image; that of gravity and inevitability, the struggle to reach summits, and freedom to soar. Sometimes the reward is in the doing, sometimes it comes afterward. The Atlas statue at the top right holds the weight of the world on his shoulders, and the two lower foreground figures offset his timeless struggle by serenely resting part way up the hill. As in life, many of my painted images bare such contrasts. I attempt to reveal a poetic appreciation of beauty and wonder. My art acknowledges life's dark and temporal nature, but also focuses on the light and joy of the life cycle. I feel that the preciousness of life is realized as the transience of time is felt, and visa versa. Recent paintings such as *Time Piece*, *The Grappling Man*, and *Uphill / Downhill* were conceived with this sentiment. Through art I become more aware of the weave of life for its struggles and glories. Other days I

just paint! You can view my online portfolio or leave comments at: www.michaelabraham.com. Recent paintings are at the Simon Patrich Gallery on Granville at 8th, in Vancouver. Happy Earth Day!

About the Artist

Michael Abraham, a Montreal born artist (1965), began his studies in life drawing and compositional painting at the Ontario College of Art (1984-88). Abraham was teacher's assistant to his mentor, Tom La Pierre, in Florence, Italy (1990-91). Having studied the masters throughout Europe has influenced him in a profound way, securing in him a formal yet lyrical approach to painting. A love of artists such as Picasso, Balthus and Stanley Spencer, older Flemish greats such as Bruegel and Rogier van der Weyden, and Canada's own Alex Colville, has taught Abraham the purity of Gothic compositional rhythms and idealization of form so as to express ideas with clarity and precision. The refinement and simplicity of his stylized realism is reminiscent of these past and present masters, but with a psychological playfulness and insight completely his own.

Since returning from Italy, Michael Abraham has settled in Vancouver, where he pursues his creative passion on a full time basis. His working method can be slow and deliberate; he spends over a year working towards each solo-exhibition. Abraham's efforts have been rewarded. He's gained sizeable popularity and three of his last shows have been virtually sold out.

Earth Day Guest Editor



Guy Dauncey

Common Ground would like to thank Guy Dauncey for his substantial contribution as guest editor in helping dedicate this issue to a celebration of Earth Day 2000. Dauncey is an author, organizer, and sustainable communities consultant who specializes in developing a positive vision of a post industrial environmentally sustainable future and translating that vision into action. He is also the publisher of EcoNews, a monthly newsletter promoting the vision of a sustainable Vancouver Island. The author of several books, his most recent publication is EarthFuture: Stories from a Sustainable World. Currently, he is working on a project to build a car free eco-village and retreat centre near Tofino and writing a book called Stormy Weather: 101 Solutions to Global Climate Change. Visit his home page at: www.earthfuture.com.

It is April 2000, at the beginning of a whole new millennium. April - the month of spring blossoms, bird-song and Earth Day, when we celebrate our love affair with nature and the planet.

As the years have passed, there is one thing that I have learnt - that we cannot base our work for a better world only on fighting what is bad. There is plenty that is bad, from clearcutting to child abuse to genetically engineered food. We also need a vision, a shining vision of the kind of world we know to be possible. Can you imagine what the world would be like if everyone were to live with that vision always in mind? There are many people who live their lives this way. Behind the scenes, small groups of thoughtful, concerned citizens continue to work, day-to-day, becoming skilled and knowledgeable, quietly making a difference: people in non-profit groups like Greenpeace, the Western Canada Wilderness Committee, the Sierra Club, the Council of Canadians, City Farmer, the Environmental Youth Alliance, the SAGE Foundation, Oceans Blue, the Georgia Strait Alliance, BEST, SPEC, the First Nations, the women's shelters, the David Suzuki Foundation, and a host of spiritual and social change groups. People in socially responsible businesses which are helping to change the way we live and trade. People in government, who continue to work for change in spite of the media's constant cynicism.

Sometimes we go for months without a sign that we are making any progress. All the work is hidden, behind the scenes. Then suddenly, the results appear: the Multilateral Agreement in Investments is turfed. The World Trade Organization is given a heart attack in Seattle. Home Depot and IKEA agree to stop selling timber products that have not been ecologically certified.

I have a vision of a not-so-distant future when ALL forest companies will give up clearcutting and move to ecoforestry, of forest hamlets where people will earn their living from ecoforestry, processing the timber locally to make furniture or musical instruments. I have a vision of British Columbia being organized so that the regional boundaries are based on natural watersheds, with Watershed Stewardship Councils being elected to manage our forests, rivers and agricultural lands. I have a vision of people living in ecovillage clusters free of cars where children can play safely, both in cities and in rural areas, where every town and city

has an EcoVillage Society, working to make it happen. Unless we organize, nothing happens. I have a vision of cycle paths everywhere, of Safeways having bicycle carts you can tow your weekly shopping home in. My vision includes co-operatives, community banking, local currencies and fair trade. It includes ecologically-based regional planning, and roofs covered in solar shingles. The saying goes that an optimist is someone who hasn't understood all the facts. That may be true - but it is also true that a

pessimist is someone who hasn't understood all the opportunities. I have a vision in which we support each other spiritually and emotionally as we work for these goals, where none of us feels lonely or unappreciated as we go about our work. We are like molecules in an amazing parade, about to form an organism.

Now picture many such organisms working together around the world, from Canada to Bangladesh, communicating through the Internet as we work together

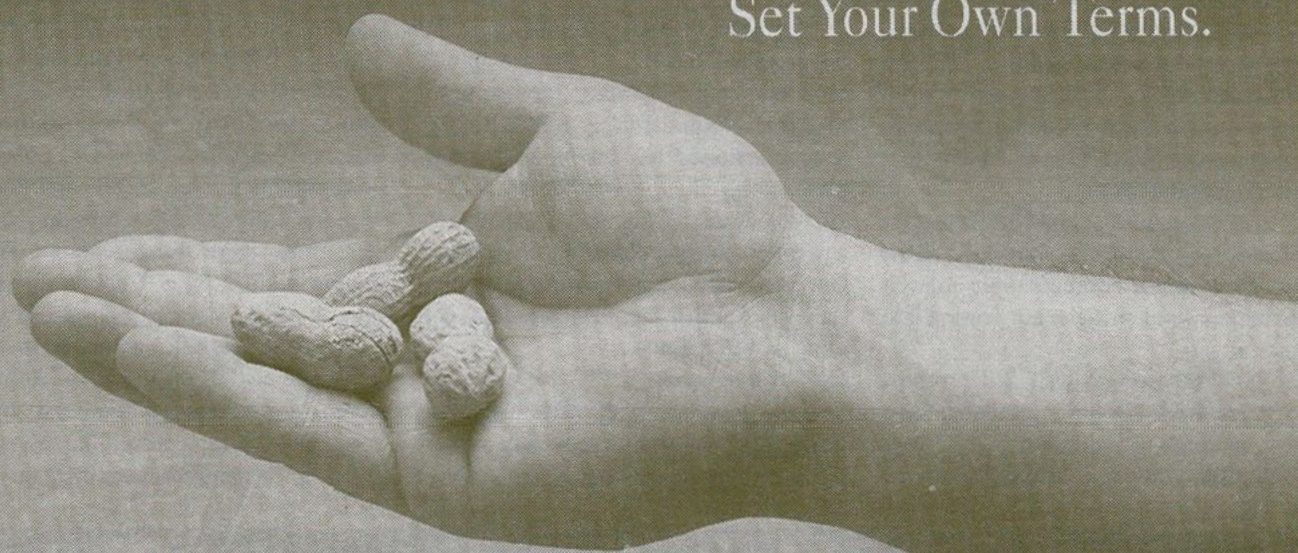
for huge, previously unimaginable goals - the global elimination of all nuclear weapons, the establishment of global ecological rights, legislation that gets the toxins out of our food, our homes and our lives. All this is possible, as long as we believe. We CAN build a solar society. We CAN stop the tiger from becoming extinct. We CAN close down the World Bank, if that is what it takes.

It IS possible: the biggest enemy is not the corporations or the banks - it is our own willingness to go along with the media, to be cynical, instead of being outrageously vibrant in pursuit of our dreams.

So hold tight to your dreams, and always remember the Fourth Law of Sustainability: 'If it's not fun, it's not sustainable!'. We are stardust, making our way back to the Garden.

Tired of Working on Someone Else's Terms?

Take Charge of Your Future—
Set Your Own Terms.



Ever thought of owning your own business? Want to make a living helping others? Want to improve your own health? You can do all three. Join more than 100,000 others in North America who have created successful direct sales businesses with The AIM Companies.

Since 1982, The AIM Companies have provided consumers with nutritional supplements and whole food concentrates including the well-known "Barleygreen". AIM's successes have come from motivated independent distributors, high-quality products, extensive training, and an aggressive compensation plan.

Learn more about creating your own success by attending a free seminar on the "ins and outs" of The AIM Companies. The seminar will be preceded by a lecture by Francisco Contreras, M.D., general director of the Oasis of Hope Hospital in Mexico and author of *The Hope of Living Cancer-Free*, and *Health in the Twenty-First Century: Will Doctors Survive?*

This lecture is sponsored by AIM Canada.

Date: Friday, April 14, 2000

Time: Doors open at 6:30 p.m., lecture begins at 7:00 p.m.

Location: Radisson Hotel Burnaby, 4331 Dominion St., Burnaby, BC

To preregister, call AIM Canada at 604-263-8497 or 888-343-9977.

Starting with AIM Might Be the Best Thing You've Ever Done.

Jane Jacobs

Connecting Nature and Economy

by Joseph Roberts

*Jane Jacobs is the author of several books, including the bestselling **Systems of Survival** and **The Death and Life of Great American Cities** which changed the way people think about cities. Her subsequent books have begun to change the way we think about life in general - not as an isolated system constructed of abstract principles, but as an organic and interdependent part of nature as a whole. Currently, she lives and works in Toronto. Below, she discusses aspects of her latest book with Common Ground publisher, Joseph Roberts.*

Joseph Roberts: What is the message of your new book, *The Nature of Economies*?

Jane Jacobs: We had better be good stewards of our habitat. That means our nature habitat, most important of all, and our economic habitat. The two go together. We can't be good stewards of our economic habitat without paying attention to our natural capital and sustaining that. We can't be good stewards of the natural world and its riches unless we have prospering economies that keep correcting what we do with new, different and better ways of doing things. We need to use less natural resources and more input from our own brains which don't eat up the natural world.

JR: You've drawn a parallel between ecosystems and economic systems. How would you see the new economic order of e-commerce and virtual reality fitting into this?

JJ: I think it fits in very well. Silicon chips are made from the most abundant and cheap material in the world - sand. They are products of what is now known as

human capital. The more we depend on goods like that the better off both we and the natural world are. For example, an art work which may be canvass or metal but then the artists go to work on it and what they have is very little owing to the raw material. The worth of it comes out of their own work and their own heads and their own designs. The more our economies depend on what we put in with our brains and our skills, the less they depend on sheer exploitation of natural resources, and the better off the world is. So, the changes you mentioned: the web, e-commerce, the virtual capital all fit in with this very well. They're all much more a product of human thought, design and experience than the iron, steel and locomotives that we used to produce as our major products.

JR: Does this lead to a stable, healthy economy?

JJ: A stable, healthy economy is a very diverse one. When you add new things, as is happening now quite rapidly, that's healthy. Stagnation is unhealthy or specialization at the expense of diversity. That's unhealthy.

JR: Would you go so far as to say there's a parallel with the four laws of ecology? One law states that in diversity there is survival. Another says that there's no such thing as a free lunch.

JJ: I would agree with both of those. There's no such thing as a free lunch, but there is such a thing as recycling and re-using, one person's waste being another

one's dinner. It's not a free lunch; it's a conserving lunch. A diverse economy is not only a parallel to this, it gives us the very same principles. It uses the same materials over and over for many different jobs or services. That's a waste-not, want-not lunch.

JR: One of the founders of Sun Microsystems mentioned that in twenty years our computers will not be ten or a

hundred times more powerful, but a million times more powerful than they presently are. He was somewhat concerned.

JJ: I read that, too. I don't take these predictions very seriously. The second last chapter in my book is called 'Unpredictability' where you'll find why you can't predict things like this. It's very tempting to take some trend that's

occurring right now and extrapolate from it. It never works. The one thing you can be sure of is that whatever trend it is won't continue that way. These predictions are amusing, but don't take them seriously.

JR: The tempo of Vancouver has increased over the last few years. Things are moving quicker, cars are faster, people are drinking much more coffee, and they're working harder to stay where they are.

JJ: I think these things change. When people visited New York from other places they always remarked that everybody walked faster there than anywhere else. But, that hasn't kept up. Again, you're taking a trend that you've noticed and giving yourself the shivers by thinking, "What if this goes on at this rate

of increase for another ten years?" It'll be like one of those speeded up movies where everybody's going in jerks. It won't happen.

JR: Yes. Maybe some people will be attracted to that pace while others will decide to move out of the city to a slower paced environment.

JJ: The other thing you'll find if you look around is that not all parts of the city are running at the same speed. You can live in certain places and the tempo won't be anything like it is on, say, Robson St., for example. There's great variety within the city.

JR: You talk a lot about cities in your books. Do you see the human spirit playing a part in the development of a city or community?

JJ: I think the human spirit flowers when it has a lot of choices and opportunities and when it isn't regimented to conform to one particular pattern. The more diversity we have in human beings the better. We're naturally diverse. We aren't all wanting to wear exactly the same clothes and work at exactly the same jobs nor be admired for the same thing and use our leisure in the same way. The more different plans and paths people can find for themselves the better. One of the great things about a city is that it's a place where there are a lot of choices. This is another reason I see much hope in the internet and the web. It connects people from isolated places and gives them more choices; maybe not as much as a big city but a lot more than they used to have. I notice, for instance, that book publishing companies are starting in very small places which didn't use to happen.

JR: Do you see the concept of community fitting into present and future models of urban living?

JJ: It had better. We are social animals and as individuals we get into awful trouble when we stop being social animals. Civilizations and societies will get into awful trouble when people don't link up any more. That's one aspect of being good stewards of your habitat. Your society is part of your habitat. A habitat can be an ecological one or a human economy one or a sociological one. No matter how you look at it, it's a web of relationships. No organism is the same without that in an ecosystem. People can't be sustained without webs of relationships. That is community.

JR: A particular subset of all that is a group of businesses or lifestyles called a co-operative. There's worker owned co-ops like The Big Carrot in Toronto. There's consumer co-operatives. What do you see for the future of co-operative businesses and lifestyles and, let's say, credit unions

**"Your
society
is part
of your
habitat..."**

Finest Quality Multi-Vitamin on the Planet

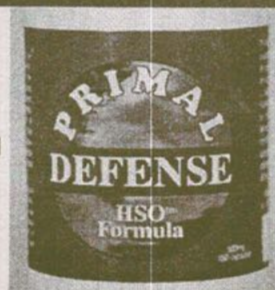
You can feel a dramatic difference from Vita-Synergy's superior absorption, compared to even the best of "natural source" synthesized vitamins. Since Vita-Synergy's vitamins, minerals and herbs are 100% whole food, Vita-Synergy™ can be taken any time you need real nourishment, with meals or on an empty stomach. Vita-Synergy's food-form Naturally-Grown Nutrients™, with organic flowers and spices, are combined with the best of Chinese, Ayurvedic, and Western herbal medicine. Separate formulations offer women and men of all ages a whole new level of nutritional balance, cellular nourishment, and life energy. Call Advantage Health Matters 1-800-338-6138 for free book *Pure Synergy - a Life Force Superfood for Healing and Rejuvenation* by Dr. Gabriel Cousens, M.D. See ingredients: www.synergy-co.com.



Crohn's, Parasites, Chronic Fatigue, Psoriasis

Primal Defense™ helps prevent and alleviate all of the above and many other intestinal and auto-immune conditions. Primal Defense is the most aggressive and effective blend of probiotic lactobacilli, soil based bacteria, organic grass juices, sterols and sterolins all combined in one capsule. Soil based organisms implant readily in any bowel pH, where acidophilus often can't, due to bowel dysbiosis. Soil-based organisms, such as those included in Primal Defense™, were always part of the human diet prior to industrialized farming. Primal Defense™ helps to cleanse the digestive tract of candida, parasites, and pathogenic bacteria thereby restoring an acid bowel ecology enabling acidophilus and other friendly bacteria to flourish. The restored biological terrain allows for optimum digestion, nutrient absorption, and regular elimination.

Call Advantage Health Matters 1-800-338-6138 for free book *Beyond Probiotics*.



where members are directly involved.

JJ: They're very good. They do a useful job and they have found good niches in the economy. They'll probably find more of them in the future, however, I don't believe that everything is going to turn into co-operatives. That would be an anti-diversity notion. There are some people who see a good thing and then want everything to be that way. It's like wishing all your meals were fudge. Life doesn't work that way, but co-ops are obviously very good ingredients. They've been enduring. They have a great deal of loyalty on the parts of those who use them and they have a fine reputation for not being corrupt.

JR: There are a few people who have extreme wealth who host global conferences. Meanwhile the rest of us feel very disconnected from them and feel they're making plans for the whole world without consulting the grassroots.

JJ: It's infuriating. They do all those silly things I was mentioning. They think that they can plot trends and control things by predicting and actually most of the plans they make come to nothing. These people are not smarter than ordinary people. The World Trade Organization representatives that were meeting in Seattle were not smarter than the people opposing them in the streets. In fact, they weren't as smart as those people. It's not that they have superior powers of that kind. They do have a lot of money, but that doesn't control things as much as they'd like to think. It is arrogant, especially since they're often so stupid, wanting to make plans for the whole world. One of these was the Tri-Lateral Conference made up of the United States, Western Europe and Japan. They meet, they make their plans and they're just as surprised at how things turn out as anybody else is I think. They can do a lot of harm for a while. [James] Lovelock's idea of Gaia, of the earth as one interrelated self-regulating organism depends on that idea. The biosphere and the lithosphere for example, are all held in common and are all changed and created by the life that's using them in common. That's what happens with our own economy, with our language, with everything that people possess. It takes many, many, people to sustain it and to change it and they all use it in common. The economy does not belong to a few powerful multinationals. They couldn't sustain it. Very poor countries often have a few very powerful landlords or owners of other kinds. They're always poor. The economy is always rickety. The only ones that have any stability or enduring prosperity at all are those in which billions of people participate and do constructive things.

JR: How can people find their common ground; that which we share? We used to have the concepts of commonwealth and the common green and somehow I find people are not tapping into this resource

as much as they could. They seem to be distracted, looking for something outside themselves rather than knowing there's something that already exists to be appreciated.

JJ: In Vancouver I was struck by how much people were using the parks. At the Lantern Festival at Trout Creek everybody had their home-made lanterns and it was beautiful. Thousands of people were gathered and they were enjoying the park. They had made the lanterns and they were parading them and looking with other people. This was the entertainment, the joy of it. I thought it was terrific.

JR: Yes. That's one of the best events in the whole city.

JJ: It's probably one of the best in the country. I thought it was marvellous. I also saw a park in which local people had made a stream of mosaics and a lot of people helped to make them. It was just a little park, not a big showplace, but it was just delightful to see that and to envision the ordinary people who had made it. I think they were helped by some artists but it was wonderful. I think those things do go on, but of course, if you insulate yourself from them or ignore them when they occur then you don't get any benefit from them. When people have children, they often find these things, wanting them for the sake of the children, and they look at them to a great extent through the children's eyes. But, they find they like them themselves as well and when people become grandparents they often do this even more if they're vigorous enough. Again it's a case of you don't really even do these so much as solitary people. You do them because you have relationships. JR: Having relationships makes life a lot more worth living.

JJ: It wouldn't be worth living without them.

JR: Eric Fromm says that North American culture has become kind of neurotic. We've isolated ourselves from the rest of the world and gotten out of touch with our feelings to a large degree. He felt it was a very dangerous situation.

JJ: When people say those things they're often talking about themselves and thinking that everybody is like them. People in North America aren't that much like each other. There are all kinds of people. It's foolish to say they're all alike or that they've all got the same troubles. It's like any stereotypes.

JR: The choices we make in terms of planning our environments, like building more freeways, are something that you've educated people about for some time. Having seen Vancouver what recommendation would you have for the urban planners here to make it more liveable?

JJ: Well, I think it's a mistake for somebody to come from outside and stay a short while as a visitor in a place and

BC ECKANKAR Regional Seminar

How to Survive Spiritually In Our Times



Concert or one other Seminar Session FREE

May 19, 20, 21, 2000

Radisson President Hotel & Suites,
No 3 Rd. & Cambie, Richmond, BC.

GUEST SPEAKER:

Rick McDiarmid

Regional ECK Spiritual Aide

Highlights

- Concert "Songs for Soul" - May 19, 7 pm
- Seminar Talks • Art Display
- Book Room • Discussion Groups
- Children/Youth Program

ECKANKAR, Religion of the Light and Sound of God
call 434-3371 or 1-800-LOVE GOD or www.eckankar.org

We Print Stuff

Big Stuff

- Posters
- Banners
- Signs
- Tradeshow graphics
- Floor graphics
- CAD drawings

Small Stuff

- Product sheets
- Brochures
- Flyers
- Booklets
- Business cards
- Presentations

Other Stuff

- Mounting & lamination
- Big & small scanning
- Tradeshow booth sales

Whether it's colour or black and white, big or small, one or a thousand, on disk or hardcopy, we can print your stuff.

PacBlue

DIGITAL REPROGRAPHICS INC.

www.pacblue.net

714-3299

1595 West Sixth Avenue, Vancouver

Continued on Page 37

Randy Stoltmann's Beloved Ancient Forest

by Joe Foy - Western Canada Wilderness Committee Director

Have you ever wondered what makes someone's eyes twinkle? I myself can't really explain the mechanics of twinkling eyes-but I know 'em when I see 'em. Most often (but not always) I've noticed, the owners of twinkling eyes are little kids bursting at the seams with a secret they are about to let you in on. Back in April of '94 the most twinkly eyes I've ever seen-before or since-belonged to my friend Randy Stoltmann. Stoltmann was no kid, he was 31 years of age. Randy had dropped in to visit me at the Wilderness Committee's Gastown office. He was leaning up against the wall beside my desk, bursting to let me in on a secret. Randy had just completed a twenty-one day mountain traverse north of Squamish and he wanted to tell me about it. He

began to recount in hushed tones a story about an incredible wilderness valley he had looked down on from the heights. Now when Randy declared a piece of wilderness "incredible" that meant something. He'd hiked, skied and bushwhacked into some of the prettiest wild places in B.C.-which is to say some of the prettiest places on Earth. His eyes twinkled with awe as he whispered "It's huge - a big wide wilderness valley. Its name is the upper Elaho and there are no roads as far as the eye can see. It's only a three-hour drive from Vancouver. I'm proposing to the Provincial Government that the upper Elaho and Clendenning and upper Lillooet valleys be given protected area status." Randy kind of looked at me deadpan for a couple of

seconds, not saying anything-just letting his laughing eyes talk. He dropped his surloin-bound wilderness preservation proposal on my desk. I picked it up, measured its weight. Not so heavy I thought. Boy, was I wrong.

After Randy left I browsed the pages of his proposal. Wow. Randy had "discovered" the largest cluster of unlogged valleys remaining near Vancouver. He had mapped out 260,000 hectares of untouched wilderness on the west side of the Coast Mountains in the headwaters of the Squamish and Lillooet River systems.

I never saw Randy again. I never got to question him further on his proposal. A month after our last meeting he lost his life in a tragic

accident during a wilderness ski traverse in his beloved Coast Mountains. His report lay on my desk. Those twinkling eyes of his chuckled in my dreams. His friends in the conservation movement nicknamed his proposal the Randy Stoltmann Wilderness Area and began to work for its preservation. No one knew at the time just how tough and how long the fight would be. It's been six long years since that noontime meeting with Randy. The Wilderness Committee has become the lead organization fighting for the preservation of the Stoltmann Wilderness. It's been a mighty tough fight. We've lost some beautiful groves of ancient forest to International Forest Products' (Interfor) chainsaws. We've learned a lot about the area, and consequently we've expanded the boundaries to take in wildlands on the East side of the Coast Range as well as valleys that drain the massive Pemberton Icecap near Whistler. We are pushing for the creation of a 500,000 hectare Stoltmann National Park Reserve (to be co-managed with the Squamish and Lil'wat Nations) — the first Canadian National Park Reserve in the Coast Mountains.

Last year my wife and I our youngest son

took a month-long trip down through the Cascade Mountain Range in Washington and Oregon, then along the Sierra Range in California. I needed a break from the seemingly endless campaign to save the Stoltmann Wilderness from road building and logging. We figured we'd lift our spirits by visiting some U.S. National Parks that had been protected years ago. Over the course of our journey we learned that B.C.'s Coast Range and the Cascades

and Sierras are really just one great intertwined mountain ecosystem that stretches from Alaska into Mexico. Back in B.C. I described our family trip to grizzly bear biologist Wayne McCrory. The Wilderness Committee had recently commissioned Wayne

and his associate Cam McTavish to conduct a grizzly bear habitat assessment in the upper Elaho and he was in our office explaining his report to me. Wayne listened quietly to my story of beautiful alpine meadows and sequoia trees-and as he listened his eyes got sadder and sadder. "You know," he said, "The thousand miles you travelled through the Cascades and Sierras was once the best grizzly country on Earth. Today, they are gone - completely wiped out-victims of uncontrolled road building, logging, hunting, poaching and a too-small park system." Wayne explained "I can walk into an alpine meadow and by looking at the plants growing there I can tell the health of the local grizzly population. If the habitat is supporting its full complement of bears then it shows in the heavily browsed plants that grizzlies like to eat. If the population is depressed, then the meadow will have a different mix of plants — and if the grizzly population is wiped out then the mix will be different again. I find walking through a Cascade or Sierra alpine meadow a very sad experience, no matter how beautiful the flowers-because I can tell how many grizzlies once lived there." Wayne said. Then

"There's still grizzlies in the upper Elaho — but they are hanging on by their toes..."

AROMATHERAPY MASSAGE

12-WEEK PROGRAM

Sundays or Mondays

Paul Crowder & Lynda Henderson

FREE INTRO April 19, 7 pm

CALL: 263-5204 or 671-1738

Aromatherapy, Swedish, Shiatsu, Reflexology, Facials, Group Rebirthing, Sweat Lodge

Private Sessions Available
(Call for appointment times)



Healthy EVOLUTION

A Unihealth Annual Membership provides you with the following immediate benefits:

- One Free Acupressure Massage (20 min.) • One Free Acupuncture
- One Free Aroma Oil Session • One Free Iridology Consult (15 min.)
- One Free Reflexology (20 min.) • One Free Spinal Joint Treatment

No Monthly Fees with Access to Two Locations

Free Unlimited usage of Fitness Equipment
Free Unlimited usage of Indoor Golf Putting Green

FREE TREATMENT
With this ad

Limit one treatment per person

- Acupuncture • Reflexology
- Acupressure Massage • Spinal Joint Therapy
- Traditional Chinese Medicine

CALL TODAY FOR YOUR FREE TREATMENT
731-9812

EXPIRES APRIL 30, 2000

1 HOUR MASSAGE
\$20⁰⁰

Limit one session per person

CALL TODAY FOR AN
APPOINTMENT
276-2777

EXPIRES APRIL 30, 2000



LEARN IRIDODOLOGY

The Canadian Academy of Iris Analysis is offering a Practitioner Program in Clinical Iridology

COURSES:

Toronto

April 7, 8, 9, 15 & 16
May 27 & 28

Vancouver

September 29, 30
October 1, 14 & 15
November 18 & 19

Hamilton

June 2, 3, 4, 10 & 11
July 22 & 23

For Course enrollment, and further information, please call: Toll Free 1-888-921-1162

Wayne showed me the result of the grizzly habitat assessment of the upper Elaho Valley. "There's still grizzlies in the upper Elaho," he explained with a twinkle in his eye. "The Squamish River system is heavily laced with logging roads which degrade and destroy grizzly habitat. The upper Elaho is the largest roadless refuge area for grizzly mothers and cubs in the entire Squamish watershed. There's grizzly in there all right-but they are hanging on by their toes," he said. Looking at a Ministry of Environment map of grizzly habitat with Wayne I could see that grizzlies have been wiped out of the southern half of their former range in Mexico, California, Oregon and most of Washington. The upper Elaho in the Stoltmann Wilderness is now the "front line" of grizzly habitat on the coast of North America. "I wonder what other stories the upper Elaho has to tell," I mused.

On Canada Day 1999 I was in the upper Elaho with Andy Miller, who works with me at WCWC. We were checking out a logging road that International Forest Products (Interfor) was pushing further into the unprotected ancient forest of the upper Elaho. We were desperate to find a way to get the road building (and logging) stopped in our quest to see the Stoltmann Wilderness granted National Park status. Andy was curious about some huge Douglas fir trees that grew in the path of the road building-he had a hunch. So on that day Andy was packing an increment borer-a hand operated tool to take a core sample from living trees to determine their age. Back at WCWC's office Andy came to me. I swear he had a twinkle in his eye. "Based on my ring-count of the bore, the Douglas fir trees in the upper Elaho are the oldest living trees of their species - 1,300 years old!" he exclaimed. "Wow" I said. Three months later, less than a half a kilometre from the tree that Andy had core sampled, James Jamieson, WCWC's Millennial Tree Camp coordinator, in the area to map out the big old trees of the upper Elaho, nervously looked at the growing mob of angry loggers forming up one hundred metres away. There were eight conservationists huddled together that sunny September day. Several conservation groups were represented in the little band of greens. The campers were on public land and had every right

to be there. By evening three of them were in hospital as the result of beatings they received after the mob attacked and burned the camp to the ground. All through the ordeal, not one of the environmentalists fought back - they remained absolutely peaceful. Several days later people from across the Lower Mainland gathered in front of the home of Interfor's CEO for a "No More Violence In the Woods" rally. 72 year old Betty Krawczyk stood up at the rally and declared her intention to go back into the forests to defend the upper Elaho Valley forests-which she did. Betty was arrested for peacefully standing in the way of the logging crews. She was asked by the judge assigned to her case to sign an undertaking stating that she would stay away from the upper Elaho. Betty refused, saying that the forest did not belong to the timber companies - but to all the people - including her. Betty spent a month and a half in prison before the judge relented and let her out pending a full hearing. Betty never signed away her right to travel to the upper Elaho.

During her stay in prison Betty was interviewed for a video about the violence in the upper Elaho (Hoods in the Woods by Daniel Gautreau). There was Betty, incarcerated in the Burnaby Women's Correctional Centre, yet in the interview she absolutely glowed with courage and conviction and joy. She spoke of her love of the ancient forest and her commitment to protect it. All through the interview you can see her eyes just a twinkling away. It's April now. The snow will be melting away in the upper Elaho and the rest of the Stoltmann Wilderness soon. People will be gathering in tent camps scattered throughout the forest - there to speak out for preservation. This year I think there will be more people than ever-hundreds, maybe even thousands. Perhaps you will be one of them. And you know what-I believe this is the year we finally succeed in getting the logging there stopped for good and the Stoltmann Wilderness officially protected. And yes-my eyes are twinkling.

Want to know more about WCWC's campaign to protect the Stoltmann Wilderness and what you can do to help? Check out our web-site www.wildernesscommittee.org or phone us at (604) 683-8220

QUIT SMOKING WITH THE "DESIRE" METHOD™

Are you sick and tired of trying to quit smoking? Now you can quit, successfully, painlessly and permanently using a newly developed method that can help you stop smoking with no stress, no cravings and no weight gain. Stop spending thousands of dollars on cigarettes and make a small investment on your future health. For full booklet send your name, address, telephone number and a cheque or money order for \$22 to:

QUIT SMOKING,
151-10090 152nd Street, Suite 403,
Surrey BC., V3R 8X8.

Allow 4-6 weeks for delivery.

A DONATION FROM EACH ORDER WILL BE SENT TO CANCER RESEARCH

Save Our Bog!

Jog for the Bog! Earth Day - April 22

Contact the Society for a pledge sheet

Assembly time: 9:00 - 9:45 am

Race Time: 10:00 am - 1:30 pm

Location: The Great Pacific Forum

10388 Nordel Court, Delta, BC



Dear Friends:

This is your chance to help save a key site of the world's biodiversity and the safeguard of the environmental health of the Vancouver region.

Burns Bog is the largest piece of environmental "software" on the Westcoast of North America. So big that it can be seen from outer space. It is vibrant with wildflowers and wildlife. A buffer against global warming and estuarine pollution. A producer of oxygen and an air purifier.

Growing more than 5000 years, its peat contains a detailed record of all our pasts. It must be saved for all our futures.

For the sake of yourselves, your children and grandchildren, please join us and save Burns Bog for all our futures.

David Bellamy

David Bellamy,
Hon, Chair

Please join David and me in our campaign to save Burns Bog.

Eliza Olson

Eliza Olson,
President



"For Peat's sake do something!"



Here is my tax deductible gift to continue the campaign to save Burns Bog.

- | | |
|---|---|
| ☐ \$1,000 Patron | Guardians Club |
| ☐ \$500 Benefactor | (monthly donor) |
| ☐ \$100 Defender | ☐ \$10 (17¢/day) |
| ☐ \$50 Friend | ☐ \$20 (34¢/day) |
| ☐ \$35 Contributor | ☐ \$_____ other |
| ☐ \$25 Supporter | (include a cheque marked "void") |
| ☐ \$_____ other | Charitable tax # 12916 66821 RR001 |

I wish to pay by:

- ☐ Visa ☐ Mastercard
☐ Cheque (payable to Burns Bog Conservation Society)

Card No: _____

Expiry date: _____

Name: _____ Tel: _____

Address: _____ Fax: _____

_____ Email: _____

City: _____ Prov. _____ Postal Code: _____

Date: _____



Mail to: Burns Bog Conservation Society

202-11961-88th Ave, Delta BC V4C 3C9

Ph: (604)572-0373 Fax: (604)572-0374

Toll free: 1-888-850-6264

Email: burnsbog@uniserve.com

Website: www.burnsbog.org

PILGRIMAGE TO INDIA

Small Group & Custom Journeys

Experience authentic journeys led by Western as well as Indian scholars, spiritual teachers and experts. Join small groups or create your own.

Prices listed are in US Dollars and include international airfare and trip cancellation/travel insurance.

♦ Ancient Cultures of Indian Himalaya July 5-23



Experience Tibetan-Buddhist culture in remote regions bordering Tibet. This area has been off-limits to travelers until very recently. Our deluxe jeep safari thru Kinnaur & Spiti Valley offers visits to traditional villages, ancient monasteries, meetings with Lamas, meditation and chanting with monks & a chance for genuine interaction with the local people. Dramatic beauty; easy/moderate day hikes. 5 star hotels at beginning and end of the trip, wonderful mountain resort at the base of Holy Mt Kailash, comfortable camping throughout the remote regions. Led by Himalayan expert Sanjay Verma. Grp size: 12 max. \$4075 from LA or SF; NY add \$100

♦ Spiritual India: A Yoga Journey Sept, Oct, Nov

(Oct group coincides with Dussehra Festival, celebrating Rama's victory over evil; Nov group coincides with Diwali—festival of light and Pushkar Camel Faire)

Travel with others who share your interest in yoga, meditation and spirituality as we visit the important pilgrimage sites of the diverse religions of India and learn about the histories and philosophies of Sikhs, Buddhists, Muslims, Hindus and Jains. We will participate in spiritual practices including physical yoga, meditation, chanting, dharma talks and other traditional rituals. We will also visit some of the most incredible ancient art and architecture of India—the temples and palaces—the stories of which are interwoven with India's spiritual background. First class hotels plus a stay at an ashram/yoga center in Rishikesh by the Ganges. Led by yoga teacher & 15 year veteran guide, Prahlad Singh. Grp size: 16 max. \$3985 from LA; add-on for other cities



♦ Buddhist India Dec 18-Jan 5

Journey to the heart of Buddhism with Roger Housden, author of *Travels Through Sacred India*. In the small village of Bodh Gaya lies the heart of all Buddhist devotion, the sacred spot where Siddhartha the Buddha awakened to the nature of reality. Bodh Gaya today is a village of temples, for every Buddhist sect is represented here. Our journey is planned to be able to attend public talks by H.H. the Dalai Lama, who is in winter residence here during the month of December. The journey also includes Bangkok temple tour, Sarnath—where Buddha gave his first sermon, ancient stupas/monasteries of Kathmandu, plus special invitation to Thukjy Choeling Monastery with teachings by head Lama Dhubthob Rinpoche. 5 star hotel in Delhi, first class elsewhere; Tibetan run hotel in Kathmandu. Grp size: 16 max. \$4050 from LA; add-on price for other departure cities.

♦ Kumbh Mela Jan 27-Feb 12



This year is the big one! Hundreds of thousands of yogis, sadhus and pilgrims come to take a holy dip in the Ganges during this great Hindu spiritual gathering. Legend has it that before the universe took shape, the gods and demons churned the waters—as a result of which—from the ocean arose Dhanvantari carrying in his hands a kumbha (pot) of nectar. As the gods and demons struggled for possession of this precious liquid, drops fell at 12 places in the world. Four of these, Allahabad, Nasik, Haridwar and Ujjain are in India and this fair (mela) is held in each of these places in a twelve year rotating cycle. The largest and most famous one occurs in Allahabad only every 12 years. We visit Agra, Jaipur, Khajuraho & Varanasi on our way to Allahabad where we stay five full days for the festivities. We are in Allahabad for Magh Purnima (the full moon of the month of Magh), which is on

February 8. Then we'll go up to Lucknow from where we can visit Ayodhya (one of Hinduism's 7 holy cities). 5 star hotels everywhere but Allahabad. Grp size: 16 max. \$3585 from LA, SF, add \$100 from NY.

inquire@spirit-of-india.com
www.spirit-of-india.com

Box 446, Mill Valley CA 94942

415/381-5861 888/367-6147

Spirit of India is a small company dedicated to creating personal travel experiences that go beyond the basic sightseeing tours. Group size is 12-20. Owner Barbara Sansone is a former teacher and publicist for art, culture, health & spirituality.



Saving The Enchanted Island

Empowering Ourselves to Protect Salt Spring

by Murray Reiss with help from Elizabeth Courtney

Once there was an enchanted island, where forested hills flowed down to the waters, eagles nested high in the treetops, and sheep frolicked in the pastures. Everyone who saw this island knew that it was special. Most special of all were her southwest lands—the green slopes of the Fulford Valley; her Garry oak meadows and rocky bluffs where arbutus shed their bark; the waters of Burgoyne Bay, where orcas and porpoises play; her lush red cedar wetlands and expanses of Douglas fir. Even the wise men and women who ruled this land from nearby Victoria knew there was something magical about this island and her neighbours. And so they cast a protective circle and created a special realm called the Islands Trust, and they said to the local trustees, Go forth to preserve and protect. One day a prince from Germany flew over this island; he fell in love with her lush green forests and beautiful bays, her mountains and cold clear lakes. Because he was a wealthy prince of Thurn and Taxis ancestry, he said "I will buy the southwest corner of this island." And he did — five

thousand acres. And he made a vow: "I will protect this land and its creatures." And he did. But the day came, as it must, when the good prince died, and his grieving widow sold the land to a company from Vancouver. And the rulers in Victoria, when they cast the magic circle, had left a loophole called the Forest Land Reserve, which exempted these forests from the powers of the Islands Trust. A loophole big enough to drive a dozen loaded logging trucks a day through. And so the new owners did. Since purchasing the 5,000 acres—one-tenth of Salt Spring—last November, the Texada Land Corporation has been cutting down trees at 15-20 times the sustainable rate. At this rate, they will have mowed down over 1,000 acres of forest by the end of this year. With the prince gone and the Islands Trust shorn of power, islanders are protecting their forests themselves. The Save Salt Spring campaign embodies their vision of those 5,000 acres enriching island life for generations to come as a mosaic of protected areas (both private and public), community eco-forests, and a land trust for organic farms.

Your Guide To Good Health! with Joyce Resin

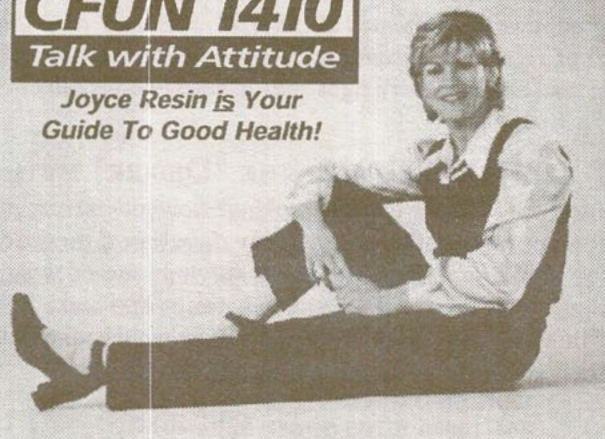
Did you know?

- Red peppers have more Vitamin C than oranges?
- 40% of Canadians use some form of Alternative Medicine?
- Health issues are the number one concern of Canadians?

Join Joyce Resin, award-winning host of the TV series **Alive!** as she brings her knowledge and passion to radio. Get the answers. Test the experts. Voice your opinion. Join the conversation about your health, Sunday mornings from 10-11am on CFUN.

CFUN 1410
Talk with Attitude

Joyce Resin is Your
Guide To Good Health!



www.yourguidetogoodhealth.com

Video stores are sponsoring ads; lawyers are writing to bureaucrats; brewers are donating percentages of their profits; musicians are playing benefits; photographers are trekking through clearcuts; and everyone's going to meetings. Through ritual, others are opening themselves to the spirits of the trees. At dusk on a beautiful still night, they walk in silence to the crossroads, a place where the worlds of magic and the mundane meet. With the deepest respect and love they ask the beings of this land for entry to their realm. As the gateway opens between the worlds, they are welcomed as sisters and brothers. They have come to do ritual in the forest being desecrated by the Texada Land Corporation. In a grove of elder maples surrounded by clearcuts, they listen and are guided by the deep voices of the Earth. In this place of magic, the cries of the maples mourning their fallen kindred are woven with the whispers of the Earth calling to her human children - you know of war and of rape, see now that this is the violence being done to your forest kindred. Still your minds for just one moment, feel our pain and our grief, and remember who you truly are. Our blood and bones are your blood and bones; there is no separation, and never was. Breathe this knowing into your bodies and be forever changed. Do not stop until this desecration of all that is natural and holy is gone from this world. Do not stop until all the children of this earth live as family, with no one master over another. The Earth has a power far greater than that of men with the rights of private property. If you but still your minds for one moment, together we will dream a new world into being. And so they have; if not a new world, at least a new sense of community. It's become a campaign, as Elizabeth Nickson wrote recently in the *Globe and Mail*, where "children donate their allowances, and quadriplegics chain themselves to logging trucks." Eight-year-old Elizabeth Woods donated her allowance. When not writing stories about cheetahs, she collected pop bottles, amassed 1,200 pennies from friends and neighbours, and saved her weekly allowance of \$3.30 until she had \$57.76 for the Save Salt Spring campaign, her contribution to the \$200,000 raised by the beginning of March.

The quadriplegic who chained herself to the logging truck is Sally Sunshine, a social activist since the early 60s who has been confined to a wheelchair since a cycling accident several years ago. "When you feel the Mother dance," she says, "the birds flying, the trees and flowers growing, and then you feel the destruction in the middle of a clear cut, it feels like a knife in your womb. There comes a point when you have to take a stand. When I was chained to the truck

for four hours," she remembers, "it was really cold; but it felt so powerful to put my body down for something I believe so strongly in, even from my wheelchair." Even while chained to a logging truck, Sunshine insisted that the issue is not with the loggers. As she told those present that morning, as soon as she could wheel over to their pick-ups, "Our issue isn't with you, it's about clear cuts. It's with the companies and the government who dictate and allow these practices." Less visible than the blockaders, but no less important to the campaign are people like Sheila Harrington, who have forged partnerships with groups like the Land Conservancy of B.C. in order to purchase as much land as possible and place the rest under protective stewardship covenants. Harrington, the former publisher of "Positive Vibrations" magazine, has lived on Salt Spring for 12 years. As part of its vision, the Save Salt Spring campaign is forming a land trust for small organic farms in the Burgoyne Valley. As executive director of the Land Trust Alliance of B.C., Harrington has helped this vision take form. She's also set up and staffed the campaign's fundraising and information centre in Ganges above Barb's Buns, a popular bakery and cafe. Harrington lived at the log sort house on Burgoyne Bay until last March and knows the area intimately. One experience she had there will stay with her forever. "I was hiking on the south slope of Mount Maxwell one day," she recalls, "and I came across a dead eagle, which is a really rare event. For me, the eagle symbolizes nature's far-seeing power of healing. And when I looked up from where I found it, there was a tree in the shape of an eagle, and then Mt. Maxwell itself, in that light, was shaped like an eagle too."

The Save Salt Spring campaign is growing. Three hundred people came out to the last Town Hall meeting. The Mayday campaign to raise \$500,000 by May 1, so the Land Conservancy can begin negotiations for the most sensitive pieces of land, is closing in on its target. The Islands Trust now is pressing the provincial government, and especially the Ministry of Forests, to give it the power to truly protect the land.

Murray Reiss is a poet and freelance writer/editor who has lived on Salt Spring for 20 years. Elizabeth Courtney writes for one of the island's weeklies, the Barnacle.

Through the campaign to save the south and west of Salt Spring, the islanders are finding a common voice. To add your voice, or to make a donation or a pledge, check out the website at www.savesaltspring.com. Or call our office at 250-538-0337.



STARTING OVER and MOVING ON...

When Your Relationship Ends

- Learn how to start over - finish with the past and move on.
- Understand and learn to manage the roller-coaster of feelings
- Step-by-step, what to do next.
- Meet other men and women - who share your experiences - encourage and support one another along the way.
- Regain peace of mind and feel hopeful again

When: May 18-21, 2000
Thursday/Friday 7-10pm
and Saturday/Sunday 9am-5pm

Where: Ryerson Memorial Centre,
Kerrisdale

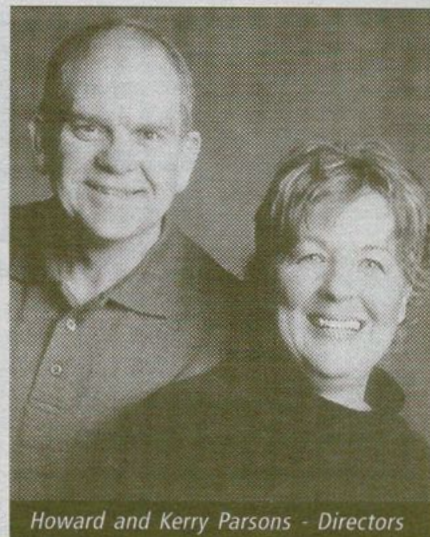
For more information call: 681-7114
email: rebuilding@rebuildingcanada.com

"Rebuilding is the best thing I could have done for myself"

"Definitely life changing."

"Finally, I can get on with my life."

Rebuilding Seminars Calgary • Vancouver



Howard and Kerry Parsons - Directors

Today is the **best day of your life** to
make the change that puts you in control, NOW!



Dr. Bonnie M. Meyer is MIND SOLUTIONS UNLIMITED

- Director of **Clinical Hypnotherapy**
- Master Practitioner of **NLP & Time Line Therapy**
- Counselling **Psychology**
- Certified Practitioner in the **Natural Healing Arts**
- **Reiki Master** & Huna Practitioner
- **Musicologist**

Specializing in Self Change & Personal Empowerment, Motivational Counselling. Eliminating the blocks: (Fear, Anger, Guilt, Hurt and Sadness and Self Limiting Beliefs) that keep us stuck. Relationship Issues. Stress Management. Healing work using Reiki and Huna. Finding root causes of disease.

Effective Therapy at Affordable Rates (new number): **685-0804**
or e-mail for more information at: dr-hypno@home.com

ORGANIC

Fruits & Vegetables

Right to your door.
100's of happy customers.

FREE Bottle of
Organic Olive Oil
with 1st Delivery



ORGANICS DELIVERY B.C.
307-7618

You are invited to a workshop

EK Past Lives, Dreams & Soul Travel

27th April, 7:30pm

Firehall Library
1455 W. 10th Ave,
Burnaby Library
6100 Willingdon Ave

Tel: Maelon 730-0254
Michael 432-1953

For more information call ECKANKAR
(604) 434-3371 or 1-800 LOVE GOD
visit www.eckankar.org

soul@work

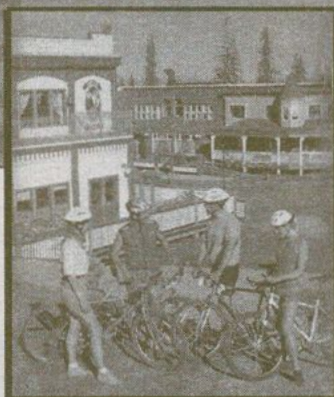
The New Era of
Business Conference

2000

June 20-23

Silver Star Mountain Resort,
Vernon, BC.

1.800.289.8993
www.soulatwork.net



Silver Star Mountain Resort



SILVER STAR
RESORT
UP where you belong



David Irvine



Patricia Culver



Joan Casorso

ACHIEVERS
CHOICE
Entrepreneur Inc.

BCGas
Naturally Resourceful

What is Soul at Work?

There are many definitions for 'soul' and in the end any good definition should be a personal one. As humanitarian and Nobel Peace Prize winner Albert Schweitzer once wrote "I have never found a good definition for the word 'soul', but I know it when I feel it". In business 'soul' can mean treating people with respect, serving customers the way that you want to be served, taking some responsibility for your community and understanding that business is about much more than simply making money. As Bill Redmond, President of HRI Supply recently said "If we treat each other with respect the rest will be easy."

The world of business today is not easy. Businesses are struggling with increasing competition, more demanding consumers, increasing cost of doing business, and the demands of keeping up with new technology. Meanwhile people in all professions struggle with balancing the needs of family, maintaining health, saving for the future, and often more challenging work. It is no wonder that I often hear people asking 'Is this all there is?' I believe that it is time for a dramatic shift in the way that we do business.

Our fascination with technology has also had its impact. We are now linked to the world with our cell phones wherever we go, able to communicate with our computers to customers and fellow employees without talking to them and have access to a world of new information all delivered electronically. And yet, has it really made our lives easier? I was recently on a flight from Calgary to Toronto and the executive next to me spent the entire time on the flight trying to respond to one day of email and had still not completed the task by the end of the four hour flight.

And as employees become increasingly removed from daily human interaction and have to operate at an increasingly faster pace there is a need to 'step off the merry-go-round' and slow down. As an example, last month, a staff person at Finning Tractor in Vancouver, posted a notice that she was going to lead a meditation meeting once a week. Incredibly, 20% of the workforce showed up and have been com-

ing regularly to learn how to slow down, relax and find some peace in the day. As Lance Secretan wrote in his book *Reclaiming Higher Ground* "People may be married to their work, but they long to have an affair of the soul."

As we move from the last 20 years in the 'Information Age' I believe we will naturally shift into a much more significant age of 'Awareness'. We need to become more aware of what is really important if we are going to create ongoing success in business.

This year will be our first, annual Soul@Work conference to be held at the wonderful village of Silver Star Mountain Resort in Vernon June 20-23. This is a special opportunity to showcase some of North America's most talented and respected authors, thinkers, speakers and consultants working in the field of soulful and spiritual business practices. Over 20 presenters will cover a diverse range of topics from: authentic leadership, social responsibility, entrepreneurship, humour in the workplace, living in joy, and awakening corporate soul.

We wanted to host this extraordinary business conference somewhere that had a retreat atmosphere, but was also comfortable, had easy access and good amenities. Silver Star has all of that and more!

The mornings will begin with your choice of Yoga, Guided meditation, or Tai Chi. After morning inspirational speakers and workshops, there will be time mid-day and late afternoon for roller blading, swimming, hiking, mountain biking, or relaxing with a colleague. Each evening we will have special entertainment, including Stuart Nemtin's hilarious theatrics as Major Conrad Flapps with his 'Let's Redress Stress' performance and Joan Casorso leading us through an African drumming workshop. Join us and learn more about the new era of business!

Hugh Culver, MBA is past owner of two companies with over 30 staff, a corporate trainer and keynote presenter and founder of the Soul@Work business conference. He can be reached at (250) 764-8486, hugh@marathoncom.net.

KEYNOTE AND WORKSHOP PRESENTERS

John Izzo, Ph.D. co-author
"Awakening Corporate Soul"

David Irvine, author
"Simple Living in a Complex World"

Bill Guillory, Ph.D. author
"The Living Organization"

Brian Nattrass, Ph.D., author
"The Natural Step for Business"

John Scherer, author
"Work and the Human Spirit"

Bob Ruotolo, Ph.D. author
"Inspiration at Work"

Olivia McIvor, Past Manager
Human Resources Canada Trust

Craig Elkins, Founder, Applied
Thinking & Creativity Team,
Boeing Corporation

Jan Hamilton, Past President,
Canadian Business for Social
Responsibility

Sally Glover
Let their Passion be their Power!

Davender Gupta,
Vision Driven: The New Strategy
For Business

Sharon Smalberg
Mind Expansion and Visioning

Michele Pankratz
The Art and Soul of
Making a Living

Cheryl Smith
Encourage the Heart

Patricia Culver,
For the Joy of It!

Glenn McCullough
The Creative Orientation

Matt MacEachern,
Performance Manager, Telus

Hugh Culver,
Igniting Team Spirit

Joan Casorso
Inner Rhythm with African
Drumming

**Stuart Nemtin as Major
Conrad Flapps** -
Let's Redress Stress



Marathon Communications Inc.

1.800.313.0799
www.marathoncom.net

Registration Information

Conference cost is only \$450
plus gst, accommodation and travel.
After April 15 - \$525
after May 15 - \$600.

Call 1-800-289-8993
(Okanagan University
College) to reserve
your space.

Accommodation is from
\$89-\$139/night.
Call Silver Star Club Resort
at 1-800-610-0805.

Call Westjet at
1-888-493-7853
for conference rates.
conf. code #QC539.

Shaping Your Future in a World of Radical Change

Jump Time by Jean Houston, Ph.D.

*Jean Houston is an internationally-known philosopher, behavioural scientist and depth psychologist who has developed revolutionary ways to unlock latent human capacities. She has written 16 books including *Passion for the Possible*, *The Search for the Beloved* and her autobiography, *A Mythic Life*. She has conducted seminars and workshops evoking the human spirit, psyche and intellect in more than 40 countries. The following is excerpted from her new book *Jump Time*.*

Increasingly I sense a new cultural music coming into time. A welter of multiple meters and off-beat phrasing, it is a coding of creativity and imagination, a counterpoint of styles of knowing and being. As cultures come together and exchange their essence, they join in a cadence of awakening, a new idiom of consciousness that is exhilarating and revolutionary. This rhythm carries us from the ballads of local concerns to the concerto of a larger ecology of being. Within it we feel the evolutionary pulse arising from Earth and Universe and come to understand that our individual life is part of the unfinished symphony of the cosmos. A strange, sweet music is coursing through us. Each of its notes carries with it a task, a responsibility: play your part, it hums to us, for what you do profoundly makes a difference.

For whence does this evolutionary pulse arise? From God? From hyperdimensional realities? From the Big Bang? Could it be that something in our flesh remembers the dawn of the universe, in fact, partakes in it, for aren't all particles one particle? On some sonic register beyond the threshold of hearing, perhaps, our ears still vibrate from this sound which contains all sounds, carrying the message that everything is energy, vibration, frequency, resonance. Even the most solid object is ultimately a dance of changing energy patterns. Ultimately all is rhythm, all music. The world is sound, AUM, the beginning, heard now and forever. This primal sound pulses us as it gives rise to the complex webbing of interdependent relationships through which our own lives are embedded within

Larger Life.

In the century now past, when cultures with conflicting priorities and values came into contact, their meetings all too often exploded in traumatically passionate ways—world wars, iron curtains, nuclear weapons, clashes in which each side saw the other as alien. Better by far, now that we know better, is this new mitotic exchange of cultural DNA, the strands of many times and traditions carrying genomes of familiarity and fascination instead of insularities and phobias. With the breakdown of walls between people and nations that technology has wrought, we are witness in our lifetime to a massive ontological shift in personal and social consciousness. We sense that we have crossed the threshold into another reality, almost another planet. Once distant seas of consciousness crash together and churn the evolution of the world mind—a new Jump Time mind now coming into being. The energetics of cultural evolution were brought home to me in a most literal and powerful way in September, 1992, when I was accompanied by several Maori elders to the northernmost point of New Zealand, or Aotearoa as the Maoris call their beautiful land of the floating white cloud. We stood on a ridge at the end of the island looking down to a place where three seas, the China Sea, the Tasmanian Sea, and the Pacific Ocean, crash together in roiling waves. Each of the seas brings its own winds, so one is buffeted by gusts from all sides. Let me invite you to stand there with me. Something is uncanny here. There is Presence here. Could it be that the waves also bring with them the spirits of other lands? In one way or another, these seas have touched upon all seas and every shore. Are they bringing global news of nature's plans and human folly? The wind is growing stronger. The waves collide in some giant argument, or is it a mating, an exchange of essences? Is this the place where the planetary DNA is coded anew? "It could be," my hostess shouts over the roaring of the winds. "But it is also the place where Maoris go when they die to lift off to the Other World." She points to a small spit of land where the sea currents come together

in a boiling vortex that seems a plausible place to leave the planet. My hostess is a wise woman of the Maori clan. Her son, with whom I had spent the previous day, is himself a receiver of the waves of human speculation from many lands. A holder and practitioner of traditional Maori wisdom, he has a physicist's knowledge of the new science and is a speculative thinker of the first order. He is also a storekeeper.

I have found that the Maoris, perhaps more than any other indigenous culture I have worked with, have made considerable strides towards restoring their culture, even after a hundred and seventy years of colonial rule. In spite of the problems that afflict all indigenous peoples, they are relearning their language, winning back their land and fishing rights, rebuilding their communities, developing their ancient arts and sciences, and generally moving as a culture towards the fulfillment of their innate potential. Many among them, like my hostess and her son, have acquired, appreciated, and even improved upon the knowledge of other cultures. Last evening, the son had astounded me by explaining how the ancient principles of Maori metaphysics anticipate those of quantum physics. I ask my hostess at the top of my voice to tell me how it is that the Maoris have recovered so much of their genius. "It is because of places like this," she bellows, "where the spirits of many peoples and many lands can meet and refresh themselves. Here, as well as in our great meeting houses, our Marae, we remember who we are. . . ." Her voice takes on new power, equal to the winds, "AND CALL OUR SPIRITS HOME!"

Here and now, in a new millennium, we too stand on the shore of time, at the edge of history, receiving the winds of change. We welcome the homecoming of the spiritual force that can quicken our passion for life in the Jump Time.

*Jean Houston will be in Victoria to present her latest seminar *Jump Time: A New Mind for a New Millennium*, April 14 - 16. The weekend begins with a public lecture Friday April 14, 7:30 pm. To register or request a brochure call 381-9139.*

CRYSTALWORKS
THE GALLERY OF NATURAL ART



TUSK:

carvings in prehistoric ivory

Works by Heinz Albert,
Terry Matheson, Richard Marcus
and Lene Baldry

April 14th to May 4th

Open 11:00am to 5:00pm
Tuesday through Saturday
phone 732-3870

1800 West 5th Ave (at Burrard)



**Counsellor Training
Institute of Canada**
(since 1985)

**Certificate of
Professional Counselling**
21 week intensive begins May 1

**Certificate of
Counselling Science**
(1 year or by correspondence) begins
May 15th

**Skill building courses are available on
campus and by distance learning for the
Certificate of Professional Counselling
and the Diploma of Counselling
Practice, accredited in Canada and the
US. Financial assistance and income
available during enrollment.**

The applicant will:

- be open to their own personal growth.
- have a sincere desire to help others.
- possess personal qualities of warmth and empathy.
- be self-reliant and independent.
- be accepting and non-judgmental toward others.

El recipients may be eligible for tuition grants.

To receive a free detailed course
catalogue for program beginning this
month, phone 687-2882 or go to:
www.counselortraining.com

Information session, Wednesday at 11a.m.
Suite 405, 510 West Hastings
Vancouver, BC V6B 1L8

chakra music

Offering the most complete selection of
New Age music in Canada for over 15 years.

To All Retailers

For more info or to request
our catalogue, please call

1-877-335-0245
toll free



Maev
Kitaro
Aeolia
Will Millar
Robert Gass
Mahanta Das
The Mozart Effect
Medwyn Goodall
Echoes of Incas
Kim Roberston
Mike Rowland

**New Age
Celtic
Healing
Chant
World
Sacred
Relaxation
Native American**

Southeast False Creek Journeying Towards Sustainability

Fiona S. Crofton & Mark E. Holland

Most of us are familiar with the concept of sustainable development that was made popular in the late 1980s by the United Nations Brundtland Report. The report recognized that the environmental and social impacts of our current development practices make it impossible for the planet to support the global population of 10 billion predicted for the 21st century with any sense of equity. Many reasons were identified, a troubling list we have come to know: global climate change, species loss, energy shortages, excessive waste and pollution, water problems, food shortages, social alienation, increasing economic inequities.... most of us could add to the list. The authors proposed that we needed to change our ways, develop in a manner which could be sustained ecologically, and begin a global healing process. Originally conceived at the global scale, sustainability presents a challenge to politicians, businesses, planners, architects and individuals to adapt it to daily life and professional practices. Under the direction of a visionary city council, Vancouver addressed the challenge in the early 1990s by commissioning the "Clouds of Change" report, seeking a strategy to address air quality and climate change. This report

recommended that the land known as Southeast False Creek should become high density housing to bring employment and housing closer together, thereby reducing the need for automobile transportation. The city has recently taken a second step on its journey toward sustainability by beginning the planning of Southeast False Creek (SEFC) as what will become one of the first high-density, sustainable urban developments in the world.

But what is a sustainable urban neighbourhood, particularly a high density one? How would it differ from what we have now? Vancouver's downtown is already considered by many to be one of the best planned and most liveable in North America. Well over 50% of people in the downtown walk, bicycle or take transit to work. It has a very high supply of parks and recreational facilities; its waterfront is accessible and increasingly clean, and it has a city-wide recycling program. Many cities have a long road simply to reach this level of performance. However, the city planners, city council and others involved in the planning process saw that much still needed to be done to meet the challenge of sustainability.

So what does a sustainable urban

neighbourhood look like? For the past three years, this was the question the city asked of consultants, staff from every department, and the public, in one of the widest-reaching stakeholder-involvement processes ever undertaken in the city for a single development.

Creating a Sustainable SEFC

The process of creating a vision for a Southeast False Creek had many beginnings which can be traced to individuals, public, private and corporate; to initiatives generated by small, ad hoc groups in co-creative gatherings; to various public-interest groups; to city staff members; even to beginnings embedded in the site itself, as many discovered, beginnings are not always easy. 'Sustainability', 'neighbourhood', and 'community' mean different things to different people. There were different opinions about what SEFC might look like, and who and how it should serve. Conflicts arose between those who said "Life is in the details," and those who said "Don't sweat the small stuff." Answers were sought to questions barely formed and not all questions could be answered.

An advisory group established by the city to help craft the policies for SEFC, wrestled with these questions in detail. This particular group worked together for several months; a diverse group of different ages, backgrounds, values and interests with a multitude of issues to identify, disparate ideals, possible solutions and practical considerations. After many months, they were frustrated, disillusioned and stuck. It was time to reinvent a new beginning, to create some shared ground and common vision. In the end, this was easier than might have been expected. The breakthrough emerged out of objects that people were asked to bring to symbolize their hopes for SEFC. These included:

A family photograph

A dandelion, symbolizing natural systems, reminding us to evaluate the unwanted

A road map - blazing new trails

A watch - for time is critical to the process
A Grand Funk Railroad Cassette Tape, a funky development, connected to the railway that runs by the site and to other transportation

A bouquet of flowers, symbolizing hope and the future

A bunch of vegetables gathered fresh from the garden, to encourage urban agriculture, heal the soil and create bonds with the earth.
Cattail seeds, symbolizing the germination of new ideas, and ecological restoration,
A marsh in a box, recognizing the need to plan for the entire ecosystem,

A skateboard, suggesting SEFC as a place for youth, where streets would be shared by people and transportation

A nerf ball, saying SEFC must include places to play.

A small toy knight, symbolizing positive interaction & intervention, and the need for

spiritual input to build a real community.
A festival brochure for SEFC needs festivals, music, and poetry; a place to meet new friends and build community
A coffee cup, symbolizing personal thought and group discussion. (The cup had a logo of a now defunct radio station, symbolizing the need for good future planning.)

A brick to build a solid foundation

Pictures of children,

Pictures of people of different ages and heritages

An image of the sun because we need to understand sources that we cannot control
A post-it note with "LISTEN" written on it in bold, reminding us to listen to the visions of others.

From this collection, themes were identified - stability, history, connection, growth, change, flexibility, diversity, and play. SEFC was imagined as a place, integrated with water and aligned with nature that honoured its history and created new forms. A hub for connection with people of all ages and life stages. A place that embraced life and change. A place people would love and care about. Following many more discussions and a lot of work, the planning process participants settled on a strategy to adapt the vision of global sustainability to this new downtown neighbourhood. The problems of sustainability were flipped on their head, and turned into goals. The problem of fossil fuels and climate change, for instance, became a goal for a neighbourhood which uses less energy, uses it efficiently, and focuses on clean, renewable energy sources. The process was repeated for each of sustainability's problems, and the resulting list of goals was set on the table to be addressed at each step in the planning process.

Articulating the Guiding Vision

The highest-priority goals for SEFC were to:

Create a place which will nurture a diverse and healthy social community;

Create a place which can provide a wide range of goods, services and employment opportunities;

Significantly reduce the consumption of non-renewable energy and resources;

Significantly reduce the production of waste and pollution; and

Increase the health of the local and regional ecosystems linked to the neighbourhood.

These goals were applied to every aspect of the neighbourhood and the results are exciting. SEFC will have a wide range of housing, supporting a diverse community. 20% of the housing will be reserved for non-market developments; 35% will be suitable for families with children. The community amenities will include a community centre, a neighbourhood office, waterfront facilities for non-power boats, and, hopefully, a school. The neighbourhood office will serve as a local

Experience Island Magic HOLLYHOCK

Coming This Year...

- Herbal Medicine (one month program)
- Creativity, Massage, & Inner Journeys (6 week integrated study program)
- Professional Massage Trainings
- Eckhart Tolle • Andrew Harvey • Zuleikha

...and many more!

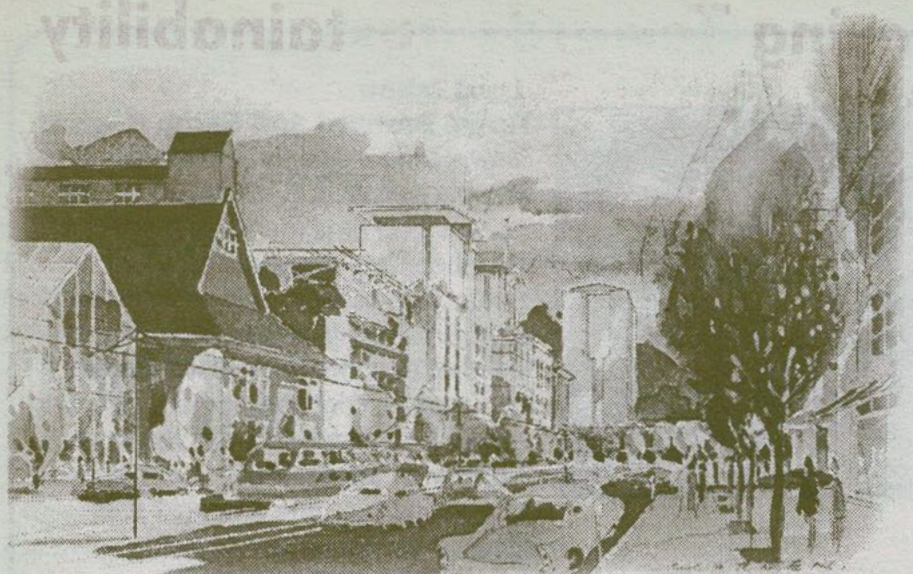
WORKSHOPS • RETREATS • JOURNEYS

Call For Our Free Program of Workshops & Events:

1-800-933-6339

www.hollyhock.bc.ca

Box 127 • Manson's Landing • Cortes Island BC • V0P1K0



View of First Avenue High Street

education centre for visitors and residents, and include information on how to live a more 'green' lifestyle. Live/work projects will be encouraged. The land use plan will support a "complete community" where residents can work, learn and play within a short distance from home. A neighbourhood shopping area will be created with retail and office opportunities; every housing unit will be within 400m of a transit stop, whether streetcar or Skytrain. Vehicles will be accommodated, but the streets will be focused on pedestrians and parking will be kept to a bare minimum. A network of walking and cycling paths will connect the neighbourhood internally, and to the rest of the city. A waterfront walkway will finish the promenade around False Creek.

The parks and open space will provide places for recreational opportunities, community performances, socializing, and quiet reflection. The parks are also intended as "ecological infrastructure", designed to use less energy and water with trees and plants selected for their ability to capture CO2 and provide habitat for insects, birds and other wildlife. There will be new urban streams and ponds with aquatic plants to manage and clean surface runoff before it is delivered to False Creek. The waterfront will be designed for both recreation and intertidal habitat and may include a small salt marsh. A significant area is proposed for community gardens, a demonstration garden and composting facility. Some other goals will be addressed by broader plans that are still in process. A community energy strategy will have to be created to find ways to use alternate resources such as ground and ocean energy sources and solar photovoltaics. Water management plans will be created, including rainwater harvesting from the roofs. Strategies will be established for green buildings, air quality, and liquid and solid waste. Under current calculations, the neighbourhood will be able to reduce its per capita energy-use by 25-30%, its water-use by up to 50%, and its air pollution by up to 40%, bringing the neighbourhood's ecological footprint closer to the carrying capacity of the earth.

We're all in this together

The SEFC Policy Statement has been recognized as one of the best of its kind. City planners attribute this to two things: strong visionary leadership from city council and senior city staff, and the widespread community commitment and participation in the planning work. With this in mind, a stewardship group is being proposed to continue the community's involvement throughout the planning and development process, and on into the future, long after the neighbourhood is built. This group will monitor the neighbourhood, make recommendations on refinements, and participate in the education of residents, visitors and the city at large regarding the continued journey toward sustainability.

Many people in the region and around the world are watching SEFC, hoping to learn from our journey, and find ways to rebuild their own cities in a more sustainable manner. With most of the world's population predicted to live in high-density cities, SEFC offers Vancouver a unique opportunity to demonstrate ways to live a quality life within the ecological carrying capacity of the planet. There will be many more opportunities in the future; consider your own neighborhood, for instance, and ways in which it could become more sustainable. If you have thoughts and dreams, feel free to share them as letters to the Editor. It is our shared vision, and our shared work, that will build the future we desire.

A copy of the SEFC Policy Statement can be obtained from the city of Vancouver website (www.city.vancouver.bc.ca) or at the planning reception desk at city hall. Site planning is to begin this spring, and will be followed in a year or so with a process to rezone the site, so that development parcels can be sold. The development will then be built as the market allows.

Mark Holland and Fiona Crofton worked together intensively throughout the policy development and subsequent SEFC design charrette process. They both specialize in issues of design and planning for sustainable development.



ASHBURY'S AROMATHERAPY

Wellness for Mind, Body and Soul

145-3751 Jacombs Road (behind IKEA) Richmond, BC

SPRING WORKSHOPS FOR THE NOVICE
Conducted by certified aromatherapists.

April 15 Aromatherapy in Late Pregnancy & Childbirth April 29 Colour Therapy & Aromatherapy May 6 Emotional Healing	May 13 Introduction to Aromatherapy May 20 Aromatherapy & Skin Care May 27 The Chemistry of Essential Oils	June 3 Ayurveda & Aromatherapy June 10 Making Blends with Essential Oils
---	--	--

Times: 1 - 4 pm Fee: \$25 each.

Please call to preregister ph: (604)276-9774 fax: (604)276-9775 www.ashburys.com

Awaken your full potential.

Transcendental Meditation®



Life in Accord with Natural Law — Without Struggle

TM is a simple, natural, effortless technique practised 15 - 20 minutes twice a day. During the TM technique, the mind settles down to a silent, yet fully awake state of alertness — pure awareness, the total organizing power of Natural Law. Simultaneously, the body gains a unique and profound state of deep rest which dissolves deep-rooted stress and relieves fatigue.

Proven benefits include:

- Improved Health
- Enhanced Creativity
- Reduced Stress
- Better Relationships
- Clearer Thinking
- Increased Happiness

Free introductory seminars
Wednesdays at 8 pm
6070 East Blvd. Vancouver

Call 1-888-Learn TM or 263-2655 in Vancouver

Soluna Tours Presents

The Spiritual Science of Kabbalah & Related Esoteric Teachings of Ancient India

Hosted by
Michael Boruch, M.S. in Jewish Mysticism-Kabbalah

This is a fascinating and exciting trip to the Holy Land. The passengers will encounter the sacredness of the places such as Safed and Meron in Northern Galilee. Indeed, they will visit the cave where the Zohar, the Book of Enlightenment was revealed to Rabbi Shimon bar Yohai, and enjoy the pulchritude of places where the self-realized souls used to contemplate the Absolute Godhead. Come; join us in this journey of discovery of our own spiritual roots.

Dates
September 15 - September 27, 2000

Double occupancy hotels, airfare, transfers as well as breakfasts and dinners are included.

Prices from NYC **\$2,898**, SFO/LAX **\$3,198**, single supplement **\$495**

Call toll free number **1-877-283-4823** or visit the web site at www.solunatours.com

Soul Life Readings

THE READING COVERS:
your soul's purpose and mission this lifetime

- talents, abilities
- significant past lifetimes
- blocks preventing expression of your higher self (soul)
- your spiritual guides
- in-depth psychic readings are also available by appointment
- Intuition Day Workshops
April 9th or 15th

Lee Sosnowsky
(604)986-0922

Dr. Sergei

- Dentist



Biocompatible Materials

Biocompatible Root Canal Treatment

Mercury Free Dentistry
(Safety measures for removal)

Needless injections

Preventive dentistry

Esthetic Crowns, Bridges, Implants

708-6042

#214 - 2730 Commercial Dr.
Grandview Medical Centre
Vancouver

EarthSave Canada presents
the third annual

TASTE of HEALTH

The Healthy Food Festival presented by EarthSave

- Free Lectures
- Restaurant Fair
- Food Market
- Book Fair
- Cooking Demos
- Video Room

EarthSave is a volunteer-based organization with a mandate to educate people about the many benefits of eating a plant-based diet. With the impact of our food choices on our health and the planet becoming increasingly clear, the move towards plant-based foods is definitely gaining momentum. People are looking for answers, and the *TASTE OF HEALTH* has it all!

This free one-day food festival attracts over 4,000 people who come to taste delicious plant-based foods offered by local restaurants and food producers. While the fabulous food is a major attraction at the Roundhouse Community Centre, people are also drawn to our successful event by the opportunity to hear our Speakers and visit the Book Fair.

DATE: Saturday, June 3 10:00 am to 6:00 pm

**PLACE: Roundhouse Community Centre*
181 Roundhouse Mews (Pacific at Davie)**

**This is not a Roundhouse event, please do NOT phone Roundhouse*

INFO: Phone EarthSave, 731-5885

Featuring Dr. Saul Miller



Dr. Saul Miller is one of North America's leading performance consultants in sport, business, health care and the arts. The focus of his work is enhancing individual performance, team building, and helping people to be successful and healthy while dealing effectively with pressure, stress and change.

Dr. Miller is probably best known for his work as a sport psychologist. He has helped professional hockey, football and baseball teams, as well as PGA golfers and Canada's national and Olympic athletes. He is currently working with a number of Canada's top athletes in preparation for the 2000 Olympic Games.

The author of 5 books, Saul is a graduate of McGill University, Dalhousie University, and the Institute of Psychiatry, University of London, where he was awarded a Ph.D. in Clinical Psychology. His work reflects his study of Eastern disciplines and Western psychological thinking.

He will be talking with us at the Taste of Health about Winning in Life...with Balance, Health, and Joy.

Returning to Vancouver! Howard Lyman

Elected president of EarthSave International last year, ex-cattle rancher, now vegan, Howard Lyman will present a powerful talk on the health risks of following a meat-based diet. It will be the plain truth from a cattle rancher who won't eat meat.

He will be talking about topics such as Genetically Modified foods, Mad Cow disease, organic food, and the court battle regarding statements he made on the *Oprah Winfrey Show* about the dangers of beef and Mad Cow disease. He and Winfrey were found not liable and recently won the subsequent appeal.

Local Talent:

Tanya Barnard and Sarah Kramer

Tanya Barnard and Sarah Kramer, both with backgrounds in baking and catering, are long time friends and self-described "lazy vegetarians." Their mutual love of food, and environmental and animal rights issues, brought them together to write *How It All Vegan*. A new creative cookbook full of interesting recipes for everything from you to your dog to your kitchen floor. You may even spot a local favourite amongst the dishes they will demonstrate.



Every year our speakers are as dynamic as they are diverse; as enthralling as they are educational. Watch out for the May issue of *Common Ground* for our keynote speaker, speaker's times and event information. Speakers' books will be available at our popular bookstore. You can buy a copy at discounted prices and get it signed by the author, including: *How It All Vegan*, *Mad Cowboy* and the *Vegetarian Manifesto*, and many, many more.

Are you...

A RESTAURANT that serves vegetarian or vegan dishes? If you would like your establishment to be featured at the Taste of Health and receive exposure to thousands of people in the lower mainland, please contact Karl at 924-4966.

A FOOD VENDOR that provides healthy and tasty alternatives to animal products? If you, too, would like to participate in our Taste of Health by displaying and offering samples of your product, please contact Justis at 689-0764 for more information.

Please Note: We are currently drawing up a floor plan for our amazing Roundhouse location. Contact us early for the best marketing opportunities.

WANT TO VOLUNTEER? Every year we require 150 volunteers to make this event happen. You will have the chance to meet many other like-minded people and join in on the fun at our Volunteer Thank-You Party on June 9th. If you would like to be a part of this year's TOH please contact Penny at 731-7396.

EarthSave Canada Membership Form

- ☐ Yes! I would like to join EarthSave and support efforts to promote a plant-based diet.
☐ Yes! I would like to renew my commitment to EarthSave's mission.

-
☐ \$10 Youth (up to 18 years) ☐ \$25 Full-Time Student/Senior
☐ \$35 Individual ☐ \$50 Family
☐ \$100 Commercial ☐ Sustaining \$_____/mth (min. \$5)
☐ Donation \$____ (tax receipt issued for \$10 or more)

If Family membership, write names to appear on member cards here:

Paid by: ☐ Visa ☐ Mastercard ☐ Cheque (payable to EarthSave Canada)
 Card # _____ Expires _____
 Signature _____
 Name (of cardholder if applicable) _____
 Address _____
 City _____ Prov. _____ P.Code _____
 Phone # _____ Email _____

Please send to:
 EarthSave Canada
 G106 - 2480 Spruce St.
 Email: office@earthsave.bc.ca
 Vancouver, BC V6H 2P6



Telephone: (604) 731-5885
 Fax: (604) 731-5805

www.earthsave.bc.ca

The Clean Energy Revolution

by Jim Fulton

Executive Director of the David Suzuki Foundation

You planned to take the bus to work this morning, but you overslept and anyway, it was pouring rain. You overslept because you've been putting in a lot of overtime, and you could lose your job if you don't. The number of qualified, but unemployed people who would like your job is always in the back of your mind.

Yesterday, driving home from work, you parked in a no-parking zone, just for a minute, while you ran in to get a coffee to keep you awake for the long drive to the suburbs - and you got towed. The taxi you called got stuck in traffic, and by the time you got to the towing company's lot and paid the charges, it was after 9 p.m. You finally got home, only to discover that your 12-year-old was having an asthma attack, and you had to rush her to emergency. Midnight came and went before you got to bed. When the alarm sounded, you turned it off and rolled over.

That scenario describes life for many of us these days. Those who have jobs work long hours to make enough money to pay the mortgage and buy gas. Houses in the city are too expensive, so we live hours away from where we work. A lack of efficient, convenient public transit means we drive to our jobs, while our spouses drive to theirs. Even on weekends, we use our cars to shop, take the kids to soccer or ballet, to visit friends or go to the movies. We even drive to the gym to work out. Everywhere we want to be seems a long way from where we are.

The frantic pace means we're exhausted and stressed out. It also means that the planet is stressed out by the pollution we pump into the atmosphere. CO₂, one of those pollutants, which is created by burning fossil fuels such as coal, oil and

natural gas, is one of the "greenhouse gases" which trap the sun's rays and heat the atmosphere, much like the glass in a greenhouse. Greenhouse gases have always been part of nature, but their build-up since the industrial revolution is tied to human activity.

In the industrialized world, and North America particularly, we consume gargantuan quantities of fossil fuels in our vehicles, to heat our homes and offices, and to generate electric power. As the U.S. energy expert Amory Lovins notes, "All the carbon dioxide we put in the air represents wasted fuel. And we don't need to waste the fuel or the money. Global warming is a problem we don't need to have, and it's cheaper not to."

A Disaster In The Making

The climate change process that is being induced by the buildup of greenhouse gases effects will effect the functioning of almost every ecological system, from the oceanic food chains to the Arctic permafrost and global rainfall levels. Over the past five years, North Americans have witnessed many of the dramatic impacts that will become more common and more extreme as global warming progresses:

Hundreds of seal pups have died of starvation on Northern California's beaches. The last two decades of the 20th century have been the warmest on record. As this continues, we will face longer and more frequent heat waves. The 1998 ice storm affected millions of Canadians, costing over \$3 billion and crippling much of Ontario and Quebec. Epic flooding of the Saguenay and Red Rivers caused the evacuation of 15,000 people, and untold human suffering. Sea levels are already rising, causing severe erosion of coastal

Power Shift
cool solutions to global warming

**Celebrate Earth Week
2000 with the
David Suzuki Foundation
and TransLink**



FEATURING:
DAVID SUZUKI, Scientist,
Broadcaster, Environmentalist
RALPH TORRIE, Canada's Foremost
Sustainable Energy Expert

**A dynamic
multi-media
event**

TRANS LINK

Including an exhibition
of alternative energy
and energy efficient
technologies.

Tuesday, April 18

Hyatt Regency, 655 Burrard Street

Expo Opens 5:00, Keynote 7:30, Tickets: \$10.00 & \$5.00. Limited seating! Advance tickets available at All Capers Locations, Mountain Equipment Co-op, SFU PIRG, Peoples Co-op Bookstore.

communities and estuaries. Animals that thrive on the cold, such as polar bears and the high arctic caribou, are suffering as changing weather patterns disrupt their feeding habitats. Salmon stocks in B.C. appear to be migrating further north as the water temperatures rise. Lake Ontario's surface temperature has increased so much that the lake can no longer provide cooling for a nuclear power plant in New York State.

Unless we take strong measures, scientists say we can only expect more of the same - and worse. If we fail to respond,

predictions for life at the close of the 21st century are bleak. To avert further disasters, we must reduce our greenhouse gas emissions by 60 to 70 per cent. We must make energy efficiency a priority, and eliminate (or very strictly limit) coal-burning electrical generating plants and gas-burning cars.

Back To The Future

If we change the way we live, not only will we benefit, but the planet will begin to heal itself after years of abuse. The way we work and relate to one another would

Continued on Page 37

The New Energy Revolution

◆ Canadians spend \$75 billion annually — 10 per cent of our Gross Domestic Product (GDP) — on energy to heat our homes and offices, and to operate cars, factories and appliances. Energy efficiency investments produce four times as many jobs as investments in new energy. If 25 per cent of our annual energy expenditure were put back into Canadians' pockets through energy efficiency and conservation, the re-spending effect would create 660,000 person years of employment.

◆ Wind is the world's fastest-growing

energy source, expanding at a rate parallel to the introduction of computers, cell phones and VCRs. Global wind energy potential, excluding environmentally sensitive areas, is five times current global electricity use. The U.S. has enough wind energy potential in the Dakotas and Texas alone to meet all its electricity needs. Over the past 20 years, the price of wind power has dropped from 38 cents per kWh to 3.5 to 5 cents \$U.S. (Coal power currently costs 2.5 cents per kWh). The U.S. Department of Energy estimates that wind will be cheaper than natural gas by 2002. As a result of federal tax incentives, by July 1999, U.S. wind power capacity had increased by 50

per cent in just 18 months.

◆ Solar energy is the second fastest growing energy source. Sales of photovoltaic cells around the world have been increasing at an average of 16 per cent per year since 1990 — ten times the growth rate of the oil industry. The United States has invested \$2.1 billion over the past 20 years to develop solar power, and aims to have one million solar rooftops installed by 2010.

◆ In 1990, Germany began paying power generators a guaranteed price of \$0.15 per kWh for wind and solar energy. As a result, wind power grew from 100 MW in 1990 to 2,875 MW by 1998, creating 10,000 new jobs and making Germany the largest wind

power user in the world.

◆ The 1997 European Union white paper on renewable energy foresees 40 gigawatts of windpower and three gigawatts of solar energy by 2010, creating the equivalent of 500,000 to 900,000 new jobs. The EU is committed to installing 500,000 solar power systems in Europe and another 500,000 in developing countries.

◆ Canadian governments spend less than \$3 billion a year on transit, but more than \$12 billion a year on roads, streets and highways.

◆ Most Canadian homes and buildings could cut their energy use by 20 to 30 per cent, with no reduction in the occupants' quality of life.

theCommon Reader

Better Not Bigger; How to Take Control of Urban Growth and Improve your Community

by Eben Fodor

Reviewed by Deborah Curran

Do you suffer from excessive growth? Are you tired of others telling you that another mega retail store, the traffic it generates and low-paying part-time jobs it offers is good for your community? Do you question the paving over of natural green space and agricultural land? Then this book is for you.

In a highly accessible format, the author succinctly refutes the twelve big myths of traditional urban and suburban growth and lays out a smorgasbord of techniques to change the way our communities are developing. Through the use of case studies and research reports, the author demonstrates that many of the arguments used in favour of growth (such as growth provides needed tax revenues, we have to grow or die, and growth is inevitable) are often false.

In fact, many local governments would be better off to purchase land slated for single

family housing than to allow it to be developed given the ongoing servicing and maintenance costs for housing.

The author also shows the economic and other values of preserving natural green space and making new development pay for itself. By creating growth-neutral policies, the market is allowed to function more effectively which will often result in the revitalization of already-built areas-not suburban sprawl.

Finally, for those who doubt the affordability of slowing or changing growth patterns, Fodor provides evidence that those

communities with the strongest growth management measures also have the most comprehensive affordable housing strategies.

While the book promotes a "pull up the drawbridge" attitude in many ways, it still provides citizens with credible arguments, data and land use solutions to challenge the pro-growth machine at work in most North American communities.

Fodor (*Gabriola Island, B.C.: New Society Publishers, 1999*) 176 pp.

Ten Magazines That Can Change The World

Not all of these magazines are available in bookshops, but when it comes to building a beautiful, sustainable world, they're among the very best. If you have the Internet, you can find them all at www.earthfuture.com/magazines, and let them know you saw them in Common Ground B.C..

1. YES! Magazine It's easy to be cynical. It takes courage to say yes! to life, to be part of the solution for what ails us on Earth. (Vicki Robin, author). YES! Magazine is a constant source of powerful inspiration. \$29 US pa (6 issues) from PO Box 10818, Bainbridge Is, WA 98110-9940. www.yesmagazine.org

2. Worldwatch The facts, the insights, the solutions for a truly sustainable world. \$20 US (6 issues) from 1776 Massachusetts Ave, NW, Washington, DC 20036. www.worldwatch.org

3. Green Teacher For Teachers, a magazine that can turn your classes into miracles and your students into nature lovers. \$28 (CAN) pa (6 issues) from 95 Roberts St, Toronto M5S 2K5 www.web.net/~greentea

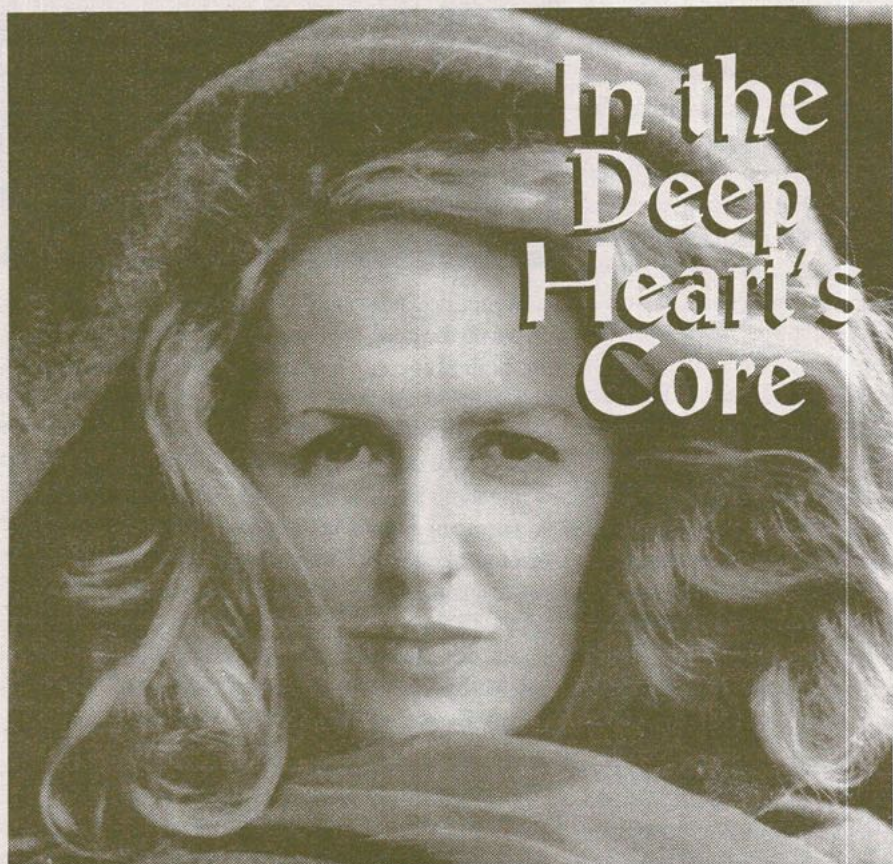
4. In Business Inspiring stories about people building sustainable businesses and communities, from ecoforestry and organic cotton to renewable energy utilities and eco-industrial parks. \$23US (6 issues)

"Teresa O'Driscoll's book is an enlightened journey back to the spiritual heart of Ireland"
JAMES REDFIELD author of *The Celestine Prophecy*

This autobiographical sketch is born out of the deep soul qualities cultivated through decades of immersion in the Celtic bardic tradition of presence, poetry and pilgrimage. As we are taken along on the return to her native Ireland we meet fascinating and famous characters interwoven with a myriad of philosophers and poets.

From the introduction:
"In speaking what most of the rest of us cannot speak, Teresa O'Driscoll has made an advance for humanity....Here, in this writing, we find a true language of the heart; it is strong, it is robust; it is full of will and action...."

Robert Sardello
author of *Freeing the Soul from Fear*



An Irishwoman's Soul Journey
Teresa O'Driscoll

Events

Nelson	Oliver's Bookstore Book Signing 12 - 2 pm - May 8
Vancouver	Four Winds - 5055 Connaught St. 7 - 9 pm May 10 by donation. Conversations with author Banyen Books - 2671 West Broadway 12 - 2 pm May 11 Book Signing

EDITING

Lightsmith Publishing

EDITOR/WRITER: DOROTHY YOUNG

E-mail: dyoung@bcsupernet.com

Website: www.bsupernet.com/users/lightsmith

Phone/Fax: (250) 752-7253

"JOIN THE DOTS TO THE INNER LIFE"

Author: Joy I. Lennox

from 419 State Avenue, Emmaus, PA 18049. www.jgpress.com

5. *The Watershed Sentinel* A committed west coast magazine from Cortes Island which will keep you up-to-date on what's going on in our forests and farms, our oceans and islands, our pulp mills and the WTO. \$20 CAN (6 issues) from Box 39, Whaletown, BC V0P 1Z0. www.rfu.org/wss.htm

6. *Orion* The literary, artistic, and philosophic voice of the environmental movement, reconnecting human culture with the natural world. Also Orion Afield, highlighting grassroots efforts that explore, protect and honour the land. Both for \$30 US pa from 195 Main Street, Great Barrington, MA 01230. www.orionsociety.org

7. *Earth Island Journal* Renowned for its award-winning stories that dig deep into the world of radical eco-activists. \$25 US (\$15 students/low income) (4 issues) from 300 Broadway, Suite 28, San Francisco, CA 94133-3312 www.earthisland.org

8. *Resurgence From England*, a breath of culture that lives deep in the heart of simplicity, beauty and sustainability. \$50 US pa (6 issues and 3 free back issues) from Rocksea Farmhouse, St. Mabyn, Bodmin, Cornwall, PL30 3BR, U.K. www.gn.apc.org/resurgence/

9. *Mothering* Getting our children and our families off to a natural start. \$23.9 US (6 issues) from PO Box 1690, Santa Fe, NM 87504 www.mothering.com

10. *EcoNews* A small but dedicated monthly newsletter that serves the vision of a sustainable Vancouver Island. By donation from EcoNews, 395 Conway Road, Victoria V8X 3X1 www.earthfuture.com/econews

And on the Internet....

Here are three daily Internet environmental news services of the highest quality, that will take you to places the regular media rarely goes. And they're all free!

1. *Planet Ark's Daily Reuters World Environment News*. Just click to sign on at www.planetark.org

2. *The Daily Gist*, from the EarthDay folks in Seattle. Gloom and doom, plus a touch of humor. Sign up at www.earthday.net/grist/

3. *Environmental News Network* - a daily digest of the world's major environmental stories. Click on 'Subscribe'. They'll ask you to pay, but then they'll say you don't need to. www.enn.com/

Twenty Books that Can Change The World

Thanks to Heather McAndrew, David Springbett, Sherry LePage, Sue McManus, Martin Golder, Harald Wolf, Jackie Robson, Trevor Murdoch, Bill Robson & Doug Koch for their input into this selection. These should all be available in Banyen Books (Vancouver) and Munro's (Victoria).

1. *This Place on Earth : Home and the Practice of Permanence*, by Alan Thein Durning. (Sasquatch Books). Eloquently explores the potentials and the hard challenges facing the Pacific Northwest, and speaks to our desire for home and roots.

2. *Our Ecological Footprint*, by Bill Rees and Mathis Wackernagel (New Society Publishers). Opens our eyes to the stunning awareness of how much land is actually needed to satisfy our industrial consumer lifestyles. We are, quite literally, eating our planet's biosphere.

3. *The Fifth Sacred Thing*, by Starhawk (Bantam Doubleday Dell). A fictional voyage into a sane, humane, ecological community of the future.

4. *Ishmael*, by Daniel Quinn (Bantam Books). Readers say things like "Everyone should be obliged to read this book." Ishmael probes the origins of the mess we are in.

5. *Stuff*, by John Ryan & Alan Durning (Northwest Environment Watch). Those everyday things we like to buy will never be the same : your running shoes have an important story to tell.

6. *Natural Capitalism*, by Paul Hawken and Amory and Hunter Lovins. (Little, Brown). An important milestone on the road to sustainability; an exciting design manual for the 21st century. Yes, there are ways to reduce our ecological footprint.

7. *Ecology of Commerce : A Declaration of Sustainability*, by Paul Hawken (Harperbusiness). Opens our eyes to the devastating cost of our economic activities, and shows how eco-sustainable business may be truly possible.

8. *The Natural Step*, by Brian Nattrass and Mary Altomare (New Society Publishers). Takes you inside four businesses that are turning themselves inside-out to become eco-sustainable. If they can do, so can every business.

9. *Tax Shift*, by Alan Durning (Northwest Environment Watch). Such a small but intelligent change could transform the way our economies work - taxing waste and pollution, instead of income and jobs.

10. *Biomimicry*, by Janine Benyus

(William Morrow). Nature as model, mentor and measure. After all, she's had 3.8 billion years of R&D. Perhaps we should learn something from her!

11. *Sharing Nature with Children*, by Joseph Cornell (Dawn Pubns). Opening up young hearts (9 - 12 year olds) to nature's inspiring moments.

12. *Earthfuture*, by Guy Dauncey (New Society Publishers). Fictional bedtime reading that transports you into a sustainable future. If we can visualize a paradise on earth, we can create one.

13. *May All Be Fed : Diet for a New World*, by John Robbins (William Morrow). Changing the way we eat, think and feel about food. The earth can be saved if we listen to John Robbins : all beings can be fed.

14. *Making a Living While Making a Difference*, by Melisa Everett (New Society Publishers). Career opportunities in socially responsible and green business, industry, commerce, and non-profits. Changing the world as a paid, full-time commitment.

15. *Your Money or Your Life - Transforming Your Relationship with Money and Achieving Financial Independence*, by Joe Dominguez and Vicki Robin (Penguin USA). Unlocking

the door to personal fulfilment while changing the planet, by simpler living.

16. *Ripples from the Zambezi*, by Ernesto Sirolli (New Society Publishers). Passion, entrepreneurship and the rebirth of local economies.

17. *Green Development : Integrating Ecology and Real Estate*, by the staff at the Rocky Mountain Institute (John Wiley). No, it's not a contradiction in terms. The wave of transformation is pushing its way through housing, subdivisions and new communities, too.

18. *The Global Brain Awakens*, by Peter Russell and Marilyn Ferguson (Element). We are on the verge of a planetary transformation which in all human and planetary history has never been so dangerous - or so promising.

19. *The Rebirth of Nature : The Greening of Science and God*, by Rupert Sheldrake (Inner Traditions). A living, developing universe that has its own inherent memory - which challenges all of science's more orthodox theories.

20. *Sacred Land, Sacred Sex - Rapture of the Deep : Concerning Deep Ecology, and Celebrating Life*, by Dolores LaChapelle (Kivaki Press). A fabulously broad re-look at the history of humanity and its possibilities.

Freedom From Time Seminars presents

Eckhart Tolle

Author of the bestselling book



The Power of Now

A Guide to Spiritual Enlightenment

Sunday April 30	2 pm - 5 pm	\$35
Tuesday May 16	7:30 pm - 9 pm	\$15
Sunday June 4	2 pm - 5 pm	\$35

All events will be held at the Vancouver Masonic Centre
4th Floor, 1495 West 8th Ave, Vancouver, B.C.

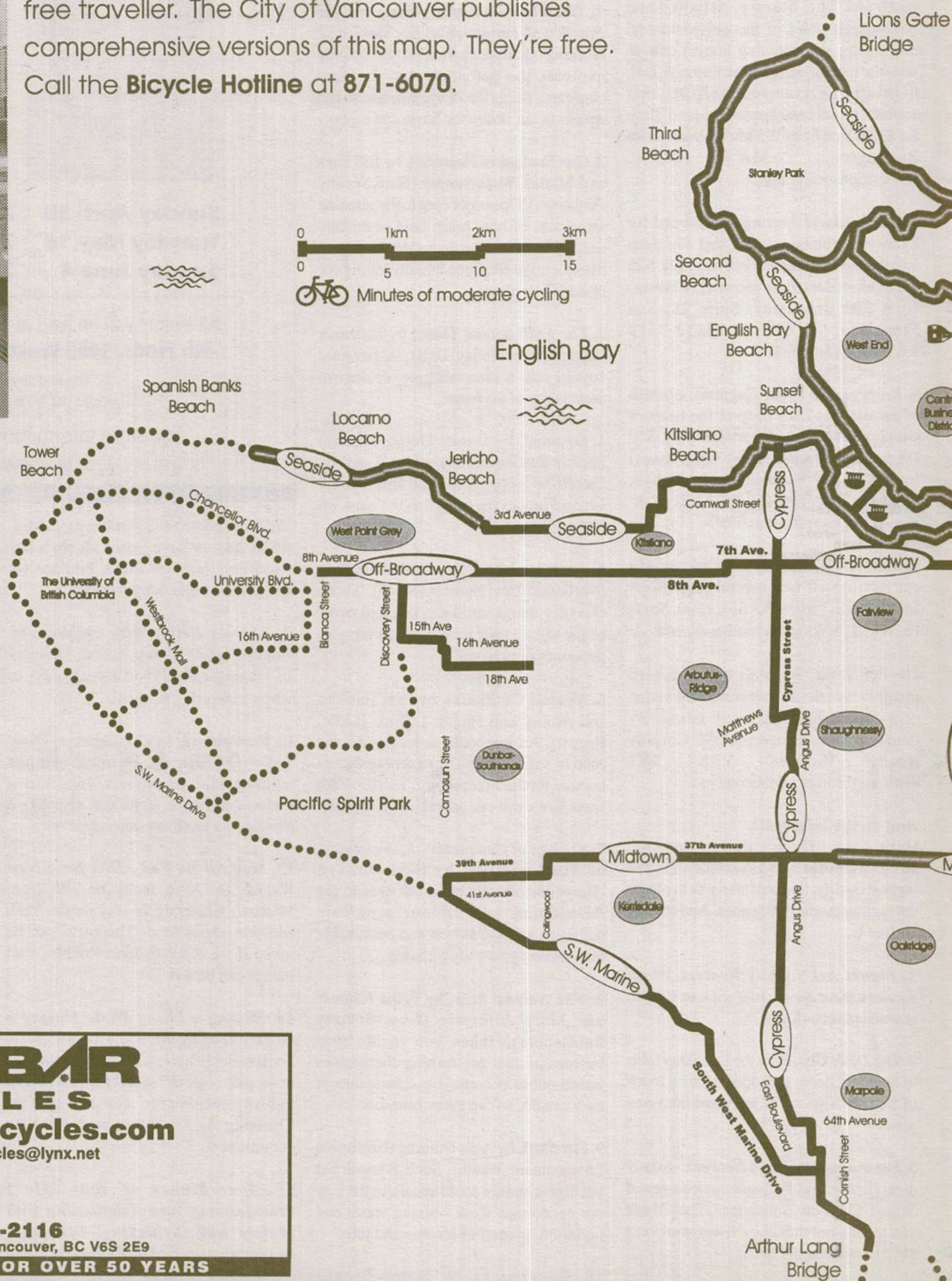
Pre-Registration is not required.
Tickets will be available only at the door.

For more information call (604) **943-7155**
or visit the website www.namastepublishing.com

Vancouver's Bike, Skytrain, Aquabus and Sea Bus Routes



The quick reference guide for the maxed-out, low-greenhouse-gas-emitting, car-free and care-free traveller. The City of Vancouver publishes comprehensive versions of this map. They're free. Call the **Bicycle Hotline** at **871-6070**.



DUNBAR
CYCLES

www.dunbarcycles.com

email dunbarcycles@lynx.net

we will pay you **\$10⁰⁰**

(604) 224-2116

4219 Dunbar Street Vancouver, BC V6S 2E9

SERVING CYCLISTS FOR OVER 50 YEARS

Imagine...Bikes Everywhere!

by Cheeying Ho



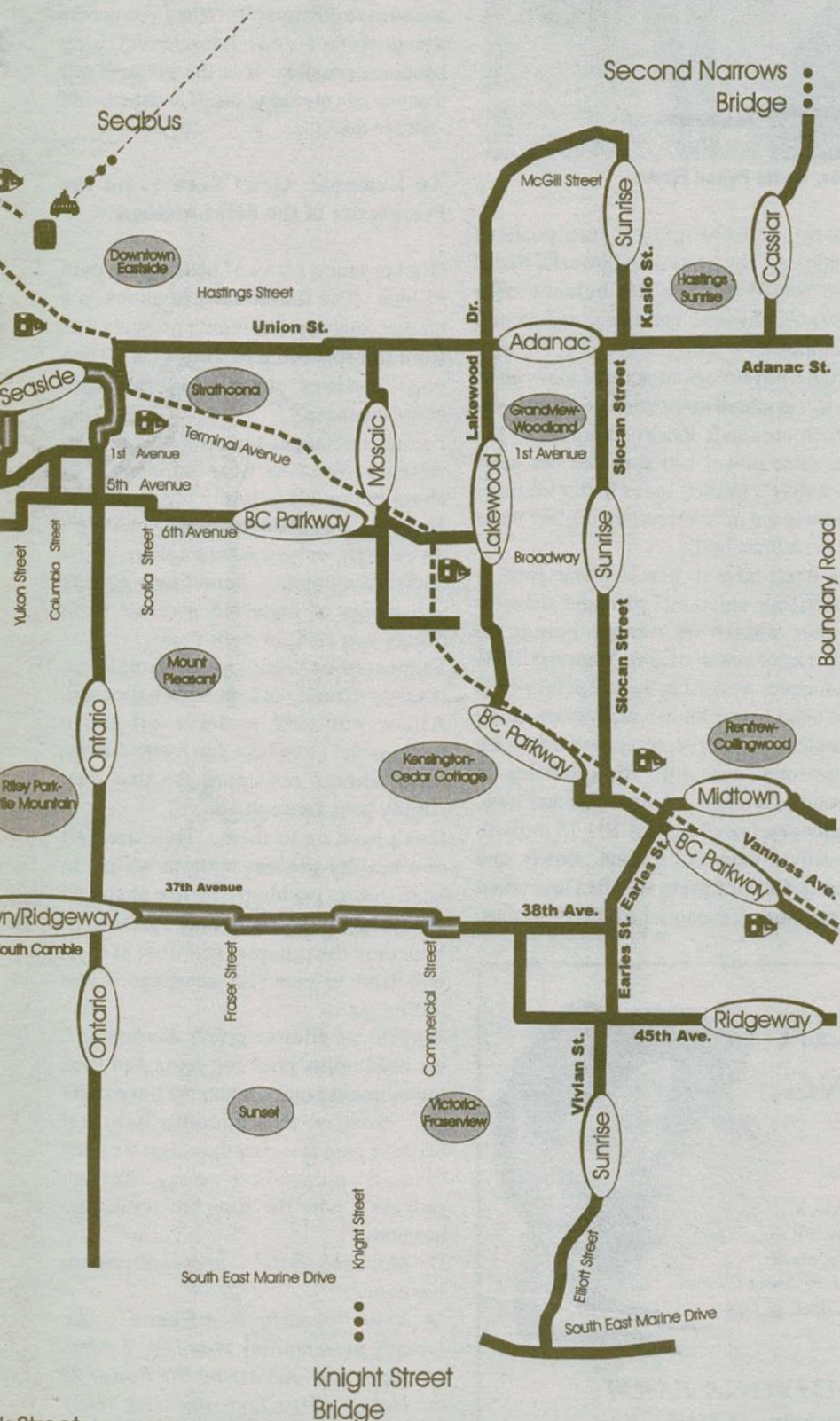
It's a beautiful spring day in 2010. The trees lining your neighbourhood are starting to burst with colourful blossoms, filling the air with a lively fragrance. The snow capped tips of the north shore mountains peak out, just visible behind the Vancouver skyline. Your kids are just getting ready to go to school. One cycles to her high school three kilometres away, while the other walks the six blocks to his elementary school. As you watch your kids go their respective ways and stop to appreciate the beauty of the day, you reflect on the tremendous improvements made throughout the city over the past ten years. Public demand and municipal leadership have created a city with abundant greenspace, public art, amenities, and a network of bicycle routes, making cycling easy, safe and popular. Bike Month in June has become the highest public participatory event in Vancouver with tens of thousands of people getting on their bikes during the month.

Since 2000, there has been no new road infrastructure in the city. Instead, the city transportation budget has largely been dedicated to the construction of bike lanes, sidewalks, bus-only lanes, and bus shelters. Bike lanes have striped the city. In particular, the bike lanes on the Burrard Street Bridge and on the downtown streets, implemented after a successful lobbying effort, have helped to quadruple the percentage of people cycling from 2.5% to 10%. The Arbutus Corridor has been turned into a greenway for cyclists and pedestrians, and is lined with outdoor cafes, bookstores and boutiques, interspersed with residential and business complexes. All the buses and skytrain vehicles in the region are bike-rack

equipped so longer distance trips can be done more easily.

As you get on your bike to cycle to work, you're reminded again of how much the city has changed. The unique beauty of our natural setting along with an extensive greenway and bikeway infrastructure, a pedestrian centred downtown core and an effective public transit system has made us the rival of even European cities. Granville Island, as a result of becoming car-free five years ago, has been revitalized as a pedestrian and cycling paradise. Where five years ago, the common sight of cars circling the island in search for a free parking spot has been replaced by people cycling with baguettes sticking out of their panniers and baskets! Instead of sitting in bumper-to-bumper traffic, breathing in fumes, dealing with stress and road rage, people of all ages and shapes are now cycling to work, shop and play. Women in dresses on bikes with briefcase panniers and men cycling to work wearing suits and ties make up the rush hour scene. The culture of cycling has changed from one of gortex and spandex clad curb-hoppers to one of utilitarian efficiency and functionality. Neighbourhoods and communities have a friendlier feel as neighbours pass each other on their bikes and exchange familiarities. Cycling has transformed the city. It is no longer just a recreational activity or a commuting option. It has become a way of life and a part of our lotus-land culture that is the envy of car-dominated cities worldwide.

Cheeying Ho is a Transportation Goddess with BEST - Better Environmentally Sound Transportation, 822-510 West Hastings St, Vancouver V6B 1L8 669-2860 www.best.bc.ca



Rush Hour!

Visit the **BIKE DOCTOR** for Expert, Friendly, Non-intimidating Sales and Service.

- New and Used Mountain & City Bikes
- Reliable One Day Repair Service
- Trailers, Bags, Baskets & Carriers
- Bicycle Fitting & Adjustment

10% OFF
regular purchase
with this ad



The Bike Way 254-5408
831 Commercial Drive
(off Venables, beside Uprising Bakery)

The Bike Doctor 873-BIKE (2453)
163 West Broadway (across from Mountain Equipment Co-op)



Perspectives of the Heart

Dr Mansukh Patel

Time and time again I ask myself what is this strength that triumphs within the human being when faced with immense suffering, hardship or danger? Throughout our travels in the war zones of the South Sudan, Northern Ireland, Bosnia, and the Chechnyan border we have worked closely with people who have experienced incredible trauma and who have witnessed atrocities beyond imagination. Yet from the pain there emerges the silent spirit of courage and the determination to survive. What is this power? It is the greatest power on earth - the power of the heart.

Recently, team members from the Life Foundation had the privilege of working in Nairobi with refugees from Burundi and Rwanda, the poorest of the poor. Survival in Nairobi is unspeakably difficult, and whoever was able to leave the city did so a long time ago. Those who are still here live in the most miserable of slums. The thirty people who have come to our Body-Heart-Mind training today haven't given up despite the incredible hardships. These people have nothing but their dream of a decent life, and, like everyone else here; they suffer from terrible memories of the recent past. A woman from a mixed marriage explains how one day soldiers came into her village and murdered her husband in front of her. Then she was forced to kill her own children because they had the 'impure' blood of their father's side in them. Right from the first day of introducing our Body-Heart-Mind programme we can see how the depression and hopelessness begins to dissolve. After six hours of the workshop the woman said, 'Today a



Dr. Mansukh Patel, Ph.D., Initiator, World Peace Flame

heavy inner burden has fallen away from me, and for the first time since it happened, I've been able to experience joy again. Now I have hope that I could be happy again'.

The Perspectives of the Heart

So how do Body-Heart-Mind (BHM) techniques and Dru Yoga, from which BHM originates, work and what makes it so successful in healing trauma?

BHM is based on the knowledge of the connection between body, thought and feelings. It is widely understood that our health, our emotional balance, our vitality and energy are intimately connected with the balance of the hormones in the endocrine system. Knowledge of the power of thought and words is also not new. However, alongside the physical and mental aspects, there is a third, lesser-known aspect, and that is the perspective of the heart. In the process of healing, the heart works like a magnet, attracting all negative

energy and changing it into positive qualities. The heart is so powerful that it can totally restore the balance of a person's physical, emotional and mental faculties.

From a physiological point of view, heart power is seated in the strong energy field, which surrounds and drives our heart. It's the same power which makes our heart beat over a million times in our lifetime, and it is the most important driving force in the human body.

We don't have to live in a war zone to experience emotional pain and stress. It is our nature as human beings to experience emotions. Dru Yoga and BHM techniques work from the still point within the heart center known as Druvam. They enable us to observe, accept and transform emotional pain into the qualities of strength, courage, compassion and love. Daily practice of at least 10 - 15 minutes dissolves pain and trauma, slowly and gently. On our travels, we often hear about extraordinary events where the enormous,

all-transcending power of the heart - has made the impossible happen. One such story is of the Armenian father who hears that his son's school has been destroyed by an earthquake. Arriving at the ruins of the school, he is told by the rescue team that there is no hope of any survivors. Determined not to believe this is true, the father begins to dig with his bare hands in the place where he thinks his son's classroom must have been. Time and time again people tell him to give up, for there is no hope, his son is dead. After 36 hours of non-stop digging, he hears his son's voice: he is trapped in a space created by a roof timber. The man rescues his son and twelve other pupils. When you access the power of your heart everything becomes possible. It is the greatest gift that you can give to yourself and the world - please take it.

An Example: Grief Seen From the Perspective of the BHM Method

Grief is nature's way of healing the pain of loss. The initial state of shock is a mental anaesthetic, which protects you from the full force of your loss. Then your feelings can slowly rise into consciousness.

Feelings of anger towards people who were involved in what happened, or about being left behind.

Feelings of guilt and anxiety: you didn't do enough, or you weren't there at the decisive moment. Sometimes regrets and pangs of conscience result from things you said, or didn't say.

Sadness often comes in waves until we manage to really accept what happened. Allow yourself to have all these feelings: let them take you over. Accept them without resistance, so that they simply pass through you.

Don't hold on to them. They are part of a healthy process without which, in later years, problems in the shape of illness and depression may surface.

Welcome the process, and trust in it. It will lead to peaceful acceptance and letting go.

Why do we cling to grief? Sometimes, we hold on to grief for years and then the moment comes when we have to let go. Sorrow can become habitual because pain is so familiar. But we need to reach a point where we say, 'Enough sadness - now the time for letting go has come'.

Dr Mansukh Patel - presentations in Vancouver:

'A New Formula For Peace' - An evening presentation, May 11th 7.00pm - 9.30pm and 'Accessing the Power of the Heart' - Dru Yoga weekend May 5th - 7th Venue: 1495 West 8th Avenue. Please phone for details 263 4432

Cure Your Pain

With Acupuncture and Chinese Herbs

All Chronic and acute PAIN

Quit smoking

Women's problems

Any problems which can't be treated by chemical and physiotherapy



Dr. Walton Che & Dr. Linda Li

Registered Acupuncturist of BC, MD China

Walton NatHealing Clinic

Suite 340, 5780 Cambie St., Vancouver
(604) 323-7954 or (604) 307-6278

Free Consultation with this ad

SIVANANDA YOGA TEACHER TRAINING

May 7 - June 4, 2000

IN THE SIERRA FOOTHILLS OF CALIFORNIA!

Learn in detail: *Asanas *Pranayama *Meditation & Mantras *Raja Yoga *Vedanta *Bhagavad Gita *Kriyas *Anatomy & Physiology. *Internationally recognized diploma awarded upon completion. *Founded by Swami Vishnu Devananda, author of *The Complete Illustrated Book of Yoga*. For a FREE brochure & info call or e-mail:



SIVANANDA ASHRAMYOGA FARM

14651 Ballantree Lane, Grass Valley, CA 95949.

(530)272-9322 e-mail: yogafarm@sivananda.org Visit our website! www.sivananda.org

Common Ground RESOURCE DIRECTORY

23 Events
23 Books & Music
24 Business Services
& Career Opportunities
24 Education & Certification
26 Health, Healing & Bodywork

29 Intuitive Arts
29 Looking Good
29 Marketplace
29 Meeting Place
29 Psychology, Therapy & Counselling
31 Restaurants

31 Spiritual Practices
31 Time-Out, Travel and
Recreation
31 Holistic Dentistry

EVENTS



www.uncommonknowledge.net
(604)856-4841

RITA ALEXANDRA: AWAKEN THE ENTREPRENEUR IN YOU. Being your own boss is the best way to ensure employment.
Abbotsford April 9, 10-3
TREVOR CHILTON: FINANCIAL INDEPENDENCE WITHIN 3 YEARS!
Abbotsford April 15, 9-9
DAVE LINDSAY: Author of "RIGHTS DENIED"
LEARN HOW TO RECLAIM YOUR RIGHTS.

Kelowna April 15 **Vancouver** April 16, 9-5
ELDON WARMAN: Founder of DETAX CANADA.
Kelowna April 27, 7-9:30 & **Vancouver** April 28, 7-9:30

FREDRIC LEHRMAN: GETTING MONEY RIGHT The Psychology of Wealth.
Vancouver May 13, 10-5

BRUCE STELLAR & BYRUN FOX: Two original founders of Canadian Detax Group present Open-World-Network: HOW TO PERMANENTLY SOLVE YOUR TAX PROBLEMS.
Surrey June 3&4, 10-4

DR. LEONARD HOROWITZ: International Lecturer and Author.
Vancouver September 16, 10-5.

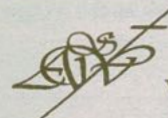
PROGRAMS & RETREATS



WOMEN'S HEALTH FROM AN AYURVEDIC PERSPECTIVE: Keeping balance during the ever-changing cycles of life with Dr. Sarita Shrestha, MD Ayurveda, Gynecology, & Obstetrics.
April 7-9 or 9-11 \$350. April 7-11 \$620.
SPECIAL EASTER WOMEN'S WEEKEND: Relax, Renew, & Rejoice.
April 21. \$360.

WALKING THE SACRED PATH:
A Spring Yoga Retreat.
April 28-30. \$300.
All including delicious vegetarian meals, yoga classes, accommodation, & wood fired sauna.
Phone or e-mail for free brochure:
(250)537-2326 or ssc@saltspring.com

YOGA RETREATS FOR BODY, HEART AND SOUL on Hornby Island with Elisabeth Michielsen. Weekend May 5-7. Five Day Retreat June 11-17. Yoga Center Bed & Breakfast in Courtenay.
Ph. 250-338-4263. Email elisabeth@telus.net.



St. Andrew's - Wesley Church

Please call for a complete program listing!
1012 Nelson Street 683-4574
Burrard & Nelson in downtown Vancouver
A congregation of the United Church of Canada

- **The Word, The Media, and the Witness.** A workshop with author Michael Higgins. Sat. Apr 15, 10am-4pm, \$30. Includes lunch.
- **Thomas Merton and Sufism: The Untold Story.** A public talk by Merton scholar Gray Henry. Tues. April 18, 7pm, by donation.
- **Phoenix Rising.** Celebrate Celtic Christianity at an evening of readings, meditations and music. Fri. April 26, 8pm. \$5.

- **Meditation.** Every Sunday in our Chapel with Lela Billows, 5:30 - 6:30pm, by donation.
- **Soul Connections.** Sat. April 1 & 15 and May 6 & 20 in our Library with Linda Christensen, 10:30am - 12:30pm, \$5 drop-in.
- **Prana Yoga.** Free sampler class, Sat. April 1 & 8. 6-week session begins April 29 in our Children's Centre with Nina Chatelain. 12:30 - 2 pm, \$60.

SILENT WALK IN DEATH VALLEY WITH: ROBER HOUSDEN
Author of "Sacred America." 9/28/00-10/04/00. US \$1200. Includes first night in Death Valley hotel then 5 nights back country camping/day walking. All in silence except evening sharing circle. sacredamerica.com. Ph. (415) 945-0952.

Find Work You Love

Marlene Haley
M.Ed., C.C.C., R.C.C.
Career Counsellor

- Clarify passions & determine best employers
- Self employment options & going-back-to-school
- Counselling, Workshops & Networking Club
- Certified professional resume writer
- Available days, evenings & Saturdays
- Affordable fees (Visa & MC)

Conscious Career Choices
203B - 2678 W. Broadway (604)737-3955
Website: www.FindWorkYouLove.com



Conscious Singles
The Network for Professional Connections

CONSCIOUS SINGLES
Meet Professional Singles of all sexual orientations who value personal growth, recovery, spirituality, natural health, social and environmental concerns. Free "test drive" at www.conscioussingles.com.



Yasodhara Ashram
Yoga Retreat and Study Centre
Since 1963

Relax and renew yourself on the shores of Kootenay Lake. Retreat packages and yoga programs. Comfortable accommodations and delicious meals. Visitors welcome. Free brochure. Call 1-800-661-8711; email: yashram@netidea.com www.yasodhara.org. Box 9, Kootenay Bay, BC V0B 1X0. Local classes: 433-3495 Victoria 595-0177.

FLUID RHYTHMS
CRANIOSACRAL THERAPY AND CONTINUUM MOVEMENT BASICS
With Benjamin Shield and Doris Maranda. A profound integration of inner fluid rhythms through touch and movement. May 26-28, \$325 (\$275 if paid in full by April 25). Call Lale: 986-2789 or Doris: 987-4059.

WANT TO BE THE CREATOR OF YOUR LIFE - WE'LL SHOW YOU HOW.
FREE Avatar introductory workshop, one of the most effective courses in the world in belief management, personal transformation, and self empowerment. April 25 or 26, 7:30 - 8:30 pm. For details, call Russell at 924-9325, or Miklos at 987-7857

BOOKS & MUSIC



Metaphysical Bookstore
Inspirational Centre, Bookstore & Giftshop
120, 12031 FIRST AVE. RICHMOND
STEVESTON

Tranquillity of Mind, Body and Soul awaits you at Serendipity's Backyard. Inspiring books, fine jewellery, and talismans in precious & semiprecious stones, aroma therapy, incense, cards, Goddess Gifts, and a large selection of gems & crystals. Yoga, Meditation, and other classes in our Sacred Tree House. Call for newsletter. (604)275-1683.

BANYEN BOOKS & SOUND



online: www.banyen.com

For the largest selection of books, tapes & CDs in Spiritual Traditions, Metaphysics, Mythology, Psychology, Relationships, the Healing Arts, Nutrition, Ecology, Native Wisdom...
Mail Order 1-800-663-8442. Free Catalogue. 2671 W Broadway, VANCOUVER, BC V6K 2G2. Books: 604-732-7912. Sound: 604-737-8858. Hours: M-F, 10-9; Sat. 10-8; Sun. 11-8.

BOOKS & MUSIC



10202 - 152nd St., Surrey, BC, V3R 6N7
Phone: 584-8738; Fax: 584-8758

Words and Music for Body, Mind, Spirit & Soul
Come and enjoy the relaxed atmosphere of Phoenix Books where you'll find:
• Cards • Videos • Incense • Aromatic Oils
• Book Tapes • Spiritual and Metaphysical Books as well as Used Books.

Abraham's BOOKS & TAROT



USED & RARE METAPHYSICAL BOOKS
Best selection of used metaphysical books in Western Canada. Best Tarot Readings. Book search service. We buy books daily. Free home pick-up. Visit our beautiful 100 year old heritage house off Commercial Drive, 2 blocks North of 1st Ave. Open 7 days a week.
1721 Grant Street (604)253-1952

FREE: THE NUTRITIONAL BYPASS, a 54-page book fully explaining a successful, non-invasive program for reducing arterial blockages. Avoid bypass surgery. Prevent heart attacks. For your FREE copy call Rowland Publications (705)746-1086, fax (705)746-7893.

"The ecological crisis is doing what no other crisis in history has ever done — challenging us to a realization of a new humanity."

- Jean Houston

BUSINESS SERVICES & CAREER OPPORTUNITIES

GORDON DOUGLAS

Certified General Accountant
681-1197

My preferred area of practice is assisting self-employed individuals and owner-managed businesses to better understand the vital signs of their business and to both reduce both the hassle of dealing with Revenue Canada and the amount of taxes payable.

Taxation has become one of the largest

expenditures of self employed individuals and because of Canada's continuing debt problems, Revenue Canada is becoming more and more creative in its attempts to extract more tax revenues from individuals.

The services that I offer clients goes beyond the basic services of the preparation of the

annual financial statements and tax returns to include being a resource person for my clients and creating defensible taxation strategies for them.

For an appointment please call Gordon Douglas, 681-1197, 2nd Floor, 827 W Pender Street, VANCOUVER, BC, V6B 3G8.



The Knot Garden
274-KNOT (5668)

Personal Success Development
Based on Barbara Sher's best selling Teamworks and Wishcraft. Fulfill your dreams and with the support and information provided, you will achieve balance in mind, body and spirit... **Personal Success.** Workshops, Success Teams, private appt.



LIFE STRATEGIST
Gillian Maxwell
253-7792

Ready to make a change? Uncertain? Frustrated? Terrified? You know what you want but don't know how to get it? Together we will:
• identify issues
• discover workable solutions
• move from confusion
• formulate a plan of action



CARS BY HANK

Need advice on buying your next car?
I sell the finest used cars in B.C.
I sell makes and models that my 37 years experience with cars have proven to be dependable. D10566 PS autosales
Call Hank Melanson 739-8494.



Full Services for Self-publishers
Peanut Butter Publishing



Call Jo Blackmore. From concept to finished book: editing, design, printing, access to marketing and distribution. Free initial consultation and seminars.
See our ad under publishers in the Yellow Pages. (604)688-0320.

Genius Inc.
Creativity is Everything™

Attention Creative Professionals
If you require "OUT-OF-THE-BOX" feedback with regards to your personal or professional endeavors, I can be of service. I combine **Penetrating Insight** and **Acute Perception** with the direct clarity, honesty and objectivity of a trusted confidant. **Mike Abel**... because I am. (604)709-4549. Private and corporate sessions available.

MY THERAPY PRODUCTS™ by Jack Crisp
Microwaveable, freezable, grain-filled neckwraps and pads. Buckwheat-filled neck braces, pillows and mattresses.
For an outlet nearest you. 1-888-858-5775 or (604)291-6290. Wholesale inquiry fax (604)734-6909.

5A1 DUN & BRADSTREET RATED HEALTH CORPORATION
Internationally patented cutting-edge stress relief technologies and strategies. Fastest growing company in the history of Japan. 20,000 % growth in 8 years. Join our international team and leverage your time. Generous remuneration. Maggie: 321-6220

EDUCATION & CERTIFICATION



THE ACADEMY OF CLASSICAL ORIENTAL SCIENCES

A FOUR YEAR FULL-TIME DIPLOMA PROGRAM
CALL 1-888-333-8868

The Academy of Classical Oriental Sciences offers a four year full-time Diploma program in Traditional Chinese Medicine, in Nelson, BC.
ACOS integrates TCM as taught in the Peoples' Republic, with a pre-cultural revolution 400 year old family tradition. The program includes language study, deepening the ability to understand and further re-

search TCM and opens the possibility of ongoing study in China.
All components of TCM will be offered including: Acumoxa Therapy, Herbology, Tuina Massage, Dao Yin/Qi Gong, Chinese Behavioral Therapy, Western Biomedical Sciences, and the complete study and understanding of medical theory from the common cold to cancer. **Application deadline is**

June 30 for the following September.
Financial assistance may be available. Check our website at <http://www.acos.org> for the calendar and other course updates, or reach us at ACOS, 303 Vernon Street, NELSON, B.C. V1L 4E3,
toll free 1-888-333-8868
voice: (250)352-5887
fax: (250)352-3458, email: acos@acos.org

Windsong School of Healing Ltd.



CERTIFIED HOLISTIC HEALTH PRACTITIONER - 1000 hours comprised of 1 year on site + Practical includes following courses:

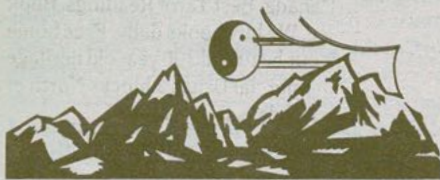
- Oriental Bodywork Therapist - 8 months
- Advanced Iridologist - 8 months
- Energy Medicine Practitioner - 8 months
- Auriculotherapy - workshop

Advanced Neuro Linguistic Programming Practitioner - 32 weeks (1 week intensives)
Certified Clinical Hypnotherapist - 1000 hours - Summer Intensive + practical.
Windsong School of Healing Ltd. Is Accredited by the Private Post Secondary Education Commission. Financial Assistance may be available. The School and Founder, Pauline Wolf, has 25 years experience in the

holistic health professions and is a Certified Provincial Instructor. All teachers are certified in their field of instruction.
We may be reached at:
email: admin@windsonghealing.com
website: www.windsonghealing.com/
telephone: 1-250-287-8044
address: 1755 Hopton Road, Campbell River, B.C., V9W 4A9.

EDUCATION & CERTIFICATION

CANADIAN ACUPRESSURE INSTITUTE INC.



Focus is on traditional oriental theory and techniques in conjunction with Western psychotherapy approaches and underlying these concepts a respect for Taoist philosophy which honours each person's path.

The Institute offers two eight-month diploma programs that will entitle graduates to receive certification through one or more

professional associations.

JIN SHIN DO PRACTITIONER PROGRAM SHIATSU PRACTITIONER PROGRAM

Both curriculums which include anatomy, counselling and clinical experience are instructed from September to April. 2 year (weekends) Jin Shin Do Certification also available. VANCOUVER TRAINING

COMMENCING MAY 26.

Call Toll Free: 1-877-909-2244. Accredited by the Private Post-Secondary Education Commission of B.C. Financial assistance may be available. For info/calendar: C.A.I.I. #301 - 733 Johnson St., VICTORIA, B.C. V8W 3C7. Ph: (250) 388-7475 in Victoria or 1-877-909-2244 for out of town. E-mail: caii@tmet.net Website: www.come.to/cai

Want more **SUCCESS?**



PROGRESSIVE EDGE
PLUS NLP INC.

Training &
Wellness Centre

Nadine Hanchar
Intl. Trainer / Author

Alternative Health / Personal Growth

If you are or want to be a practitioner or therapist in the field of alternative health learn an innovative, new skill set that will bring you more success, increase your job satisfaction and earnings. We specialize in the alternative health and counselling fields and teach practical skills

that can be put into action immediately in a multitude of environments. Classes offer hands-on, experiential learning, quality course materials that set new standards in the industry. Included in our programs are Certification Courses in Neuro-Linguistic Programming, Time Line Therapy™, Hypnosis and Counselling.

We are a provincially and federally registered Private Post-Secondary Education Institute. Early enrollment savings.

Call for information.

1-800-449-4657 (in Victoria).

email: pepnlp@progressiveplus.com
website: www.progressiveplus.com



Aromatherapy Certification - Internationally recognized certification courses taught by practising Aromatherapists, using European 'professional quality' Essential Oils. Standard Aromatherapy courses teaches Anatomy and Physiology, and practical application through hands on technique. We have alumni practising across Canada, in

Europe, and throughout the Pacific Rim. We are registered with the Province of BC's Private Post Secondary Education Commission, and are recognized by all provincial societies. This setting is a professional, business location, geared to learning. Try an Aromatherapy treatment, and get therapist quality supplies including the renowned

King Solomon's Bath Salt, from the Dead Sea.

52 - 6th Street, New Westminster

Ph: (604) 521-7670, Fax: 526-7880

Members of B.C. Association of Practising Aromatherapists, Association of Massage Therapists and Wholistic Practitioners, and International Council of Holistic Therapists (UK).



Become a proficient Reflexologist! With 25 years of experience Yvette Eastman, founder of Touchpoint Institute of Reflexology and Kinesthetics will certify you in Reflexology Levels 1, 2 & 3 and in Touch For Health Levels 1-4. Touchpoint is a BC Registered Post Secondary School, Federally Chartered. Our courses are also offered at Douglas & Langara Colleges with Yvette as your facilitator. With 85% hands-on learning, the courses are fun, stress-free, complete and intense.

Certificate Reflexology Level 3

Douglas College - June 3, 4, 10, 11

Coquitlam Level 1 - May 26 to 28

Touch For Health Levels 1-4 - April 21-24

Hudsons Hope August 5, 6, 7th

Ask about Prince George, Edmonton, Moose Jaw

New! Vancouver School Board joins with

Touchpoint to present Full-time 16 week

Reflexology program. Starts September 18.

Phone V.S.B. (604) 713-4511.

Touchpoint Reflexology Books, Video, Charts, Learning Aids are available. Certificate Homestudy Reflexology and Professional Health Practitioner Certificate are now available.

To order, register, or receive our full catalogue:

Touchpoint Reflexology

3186 Bedwell Bay Rd., BELCARRA, BC

V3H 4S1. 936-3227 in Greater Vancouver or

1-800-211-3533 from out of town.

Email: yvette@touchpointreflexology.com

Website: www.touchpointreflexology.com



Canadian College of
Acupuncture and
Oriental Medicine

www.islandnet.com/~ccaom

The Canadian College of Acupuncture and Oriental Medicine offers a four year diploma program in acupuncture and herbology including western sciences, focusing on traditional Chinese Medicine. We emphasize the development of the personal, professional and clinical skills necessary to persons involved in the

healing arts.

Established in 1985, the CCAOM believes that Chinese medicine has a significant capacity to enrich and broaden the practice of health care in a way that is unique, yet complementary to the Western perspective.

Annual deadline: June 30 for September

registration.

Financial Assistance may be available.

For a calendar send \$5 to: CCAOM, 855

Cormorant Street, Victoria, B.C. V8W 1R2

Email: ccaom@islandnet.com

Tel: (250) 384-2942, fax: (250) 360-2871

Toll Free: 1-888-436-5111

Maui School of Therapeutic Massage



Learn massage therapy while enjoying the sun and sea of Hawaii! Our "state-of-the-heart," professional program provides you with the knowledge, skills and confidence to open your own bodywork practice.

- Facilitate healing for yourself and others
- Make a difference in your community
- Earn a good income and be your own boss
- Experience personal growth and transformation

Our 600-hour certification program is one of the most affordable anywhere at only \$3,300 U.S. Part-time, 12-month programs begin September 5, 2000 and March 5, 2001. Full-time, 6 month program begins September 18, 2000. Curriculum includes anatomy, assessment, medical massage, Swedish, neuromuscular, Shiatsu, Hawaiian Lomilomi, reflexology, sports, body-mind and a fully-supervised public clinic.

The school is located on the island of Maui, where the warm ocean, gentle climate and lush tropical beauty encourage deep relaxation and exploration of the healing process.

Student visas are now available.

For more information and free catalog, write Maui School of Therapeutic Massage, P.O. Box 1891, Makawao, Hawaii 96768.

Phone: (808) 572-2277 or visit our website at www.massagemau.com



Reflexology is taught as an intuitive healing art. Courses are designed to provide a structure that supports you in developing your own intuitive sense of reflexology. A holistic orientation prevails.

Holistic Reflexology: An Introduction

Informational evening talk and "hands-on" presentation. \$10. See "Date Book".

Basic Foot or Hand Reflexology Certificate Courses

Twenty hours of expert instruction plus forty practicum hours prepare you to practice hand or foot reflexology competently. \$275. See "Date Book".

Advanced Foot Reflexology Certificate Course

Refine and expand your knowledge and skills

to enhance your effectiveness practicing foot reflexology. \$275. All courses are offered on a regular basis year round.

For registration or information:

Pacific Institute of Reflexology
535 West 10th Avenue/Cambie VANCOUVER,
B.C. V5Z 1K9. (604) 875-8818. Fax: 875-8868
Website: <http://www.pacificreflexology.com>



DOMINION
HERBAL
COLLEGE

(Established 1926)

CAREERS IN HERBAL MEDICINE

CLINICAL HERBAL THERAPY - Run your own clinical herbal practice, advanced 3-years full-time Classroom OR 4-years Tutorial. Both require 500 clinical hours practicum. Starts September 2000 Vancouver & Toronto.

OTHER: Chartered Herbalist / Herbal Course for Pharmacists, Clinical Herbal Therapy for

Physicians, Master Herbalist, Clinical Aromatherapy - continuing education, Monthly Herbal Medicine Workshops, Herb Farm Practicum, 29th Annual International Summer Seminar (July 17 to 21, 2000)

HERBAL MEDICINE CLINICS - Two full service Herbal Therapy Clinics. Open to the public under supervision of fully qualified herbal therapists.

Reasonable fees. Special Rates apply to seniors and children under 12.

By appointment only, Vancouver (604) 521-5822 & Toronto (416) 964-3377.

CONTACT: 7527 Kingsway, Burnaby, BC Canada V3N 3C1. Tel: (604) 521-5822. Fax: (604) 526-1561. Email: herbal@uniserve.com
Web: www.dominionherbal.com

EDUCATION & CERTIFICATION

Canadian College of Shiatsu Therapy & Japan Shiatsu Clinic



Directed by
Kiyoshi Ikenaga, CSP
Shiatsu Therapist
Registered in Japan
www.oyayubi.com

LEARN JAPANESE SHIATSU DIRECTLY FROM JAPANESE REGISTERED INSTRUCTORS. Shiatsu Program for CSP status starting from Mid-September. Registered with the Private Post-Secondary Education Commission of B.C. School Clinic \$25/60-90 min. Professional Clinic from \$35/30 min. Near Seabus. Tel&Fax: (604)904-4187. E-mail: info@oyayubi.com



RHODES
Career College

302 - 96 E. Broadway,
Vancouver, B.C.
V5T 4N9
708-4416

Professional Life Skills Instructors Diploma Program - This full time program will provide you with the qualifications required for **Careers in Coaching and Counselling**. Call now to book your free information session. Complimentary personal coaching available. Rhodes Career College Ltd. is a registered and accredited private post secondary educational institution.



Western Canadian Institute Of T.C.M. Practitioners

740 - 4400 Hazelbridge Way,
Richmond, B.C. V6X 3R8
Tel: (604)270-1818

Registered with the PPSEC of B.C.

Offering:

- 2 year TCM course for licenced Acupuncturist.
 - 2 year TCM course for licenced Heribist
- We welcome inquiries on intensive correspondence or part-time courses.

WEST COAST INSTITUTE OF AROMATHERAPY

Offering quality home study courses, for everyone from the enthusiast to the professional. Learn how to safely incorporate essential oils into your life to enhance your body, mind and spirit. Contact Beverley at (604) 466-7846. E-mail: wcia@telus.net
Website: www.vquest.com/wcia.

"God has cared for these trees, saved them from drought, disease, avalanches, and a thousand tempests and floods. But he cannot save them from fools."

- John Muir

HEALTH, HEALING & BODYWORK



**SHANG HAI
T.C.M.
COLLEGE
OF B.C. CANADA**
(604)430-5838
(604)583-3322

Earn an accredited diploma in T.C.M. The first and only accredited* and approved Traditional Chinese Medicine College in Canada. Your education is very important and it is essential that you attend an accredited college. We have a high standards program that is approved in both Canada and the USA. We have high profile faculty for T.C.M. and western medicine that meet N. American

standards and are approved by the Ministry of Education and Immigration Services in Ottawa. Academic Dean, Dr. Sky Liu, Ph.D. of T.C.M. is well known around the world. The college specializes in the Shang Hai acupuncture and T.C.M. technique preparing students for excellence in the field. We offer three and four year accredited and recognized T.C.M. programs. Financing available through

Canada Students Loan Act. Call now for more info and to set up and interview. We have a new campus in Burnaby. Two clinics open for public. (604)430-5838 fax: 583-1621, Central Metrotown Location in Burnaby.

www.acupuncture-college.com

*Accreditation by P.P.S.E.C. (Private Post Secondary Education Commission of B.C. - their website: www.ppsec.bc.ca)

Dr. Ting Ting Jiang

DTCM, R.Ac.

**Registered
Acupuncturist**

Graduated from Top T.C.M. university, China
20 Years Clinical Experience



Dr. Jiang, one of the first registered acupuncturists in B.C., is involved with research at V.G.H. She is a frequently invited speaker at T.V., radio and conferences. For 20 years, she has successfully treated patients suffering from:

- Back, neck & shoulder pain, sports injuries, fibromyalgia, arthritis, tendonitis, sciatica
- Stress, obesity, chronic fatigue, headache,

depression

- Gastrointestinal disorders, colitis
- Allergies, hay fever, sinusitis, asthma
- Multiple sclerosis, stop smoking, high cholesterol
- Menstrual disorders, P.M.S., menopause, infertility
- Acne, eczema, psoriasis, preventive medicine

With respect for your total being and a sensitive evaluation of your health concerns, Dr. Jiang will work with you to bring your entire body into balance. Feel better than you have ever felt before. **ICBC, WCB. Extended Medical Care.** 50% Discount on initial consultation (before May 5, 2000). Please call **738-5185**.
410-2184 W. Broadway at Arbutus



**Traditional Chinese
Medicine Clinic**

Our treatment is based on each individual case. We focus on the body (internally and externally) and seek optimum solutions for your current condition. The approach is all-natural: Acupuncture, Acupressure, Herbal medicine, Reflexology and Cupping etc. No side-effects, no dependency on drugs.

Principle Doctor: Dr. Tony (Tongnian) Zhuo, former professor at Xijiang TCM College in China has been practising and teaching for 17 years. He became one of the most famous specialists in NW China, publishing 4 books

and 50 scholarly articles.

Dr. Zhuo uses Bian Que (pulse taking diagnosis) technique to evaluate your condition and treatment. **"You need not tell us anything, we will tell you what health problems you have!"**

Specializing in:

- Relief from chronic pain of neck, back, waist, leg and foot
- Pain caused by soft-tissue damage
- Car, sports and other injuries
- Arthritis, rheumatism, sciatica, fibromyalgia

- Migraine headache
 - Allergies
 - Depression and fatigue
 - Gynecological problems - P.M.S. infertility, menopause
 - Men's issues-impotence, prostate etc.
- If you are struggling with an incurable disease, we may be able to give you hope. TCM approach to Cancer and Diabetes.**

4750 Main St., Vancouver (at 32nd Ave.)
Tel: (604)875-6138, Fax: (604)875-6338
E-mail: kangling@favorall.com



**SKIN
DISEASE
SPECIALIST**

Dr. Andy Zhou

M.D. degree of Traditional Chinese Medicine. Specializing in skin disease. With over 15 years in Canada, U.K. and China. The unique internal herbal treatments combined with traditional herbal ointments make his methods of healing very effective.

Specializing in:

- Eczema
- Psoriasis
- Skin Rash
- Skin Allergy
- Urticaria
- Rosacea
- Athlete's Foot
- Herpes
- Acne
- Hair Loss
- Vitiligo
- Yellow Spot

Please call:

Dr. Andy Zhou
The Centre for Traditional Chinese Medicine
#306 - 1701 W. Broadway
(between Granville & Burrard @ Pine Street)
Vancouver, B.C. V6J 1Y3
Tel. (604) 736-6010



**BC Clinic of
Traditional
Chinese Medicine**

206 - 370 E. Broadway,
Vancouver, B.C. V5T 4G5
at Kingsgate Mall
(604)872-6833

You don't have to Suffer!

Your body can heal itself if given the right chance and proper therapy. At the BC Clinic of TCM Dr. Chang-Zhen Yu and Dr. Lyla May Yip work as a team. Together they listen to you in order to analyze your body's needs in order to prescribe appropriate acupuncture

points and/or herbal remedies to balance your body's energy. **TCM correspondence courses are also available.** Check out the web site taishancollege.com.

Complex Disorders Treated Include: Epilepsy, MS, MG, Trigeminal Neuralgia, Bells Palsy, Immune Disorders,

Fibromyalgia, CFS, Vertigo, Stress Insomnia, Allergies of Lung or Skin, Stroke, Paralysis, Irritable Bowels, Weight loss, High Cholesterol, Depression, Anxiety, Panic attacks, Addictions.



**DINAS
Homeopathic Clinic**

Homeopathy, Acupuncture,
Preventive Medicine, Reflexology,
Iridology, Balance testing,
Psychological Homeopathy

Dr. Vladimir Shmitsman

298-2982
308 - 3680 E. Hastings St.
www.reflexology.bc.ca

Dr. Vladimir Shmitsman graduated as a medical doctor from the University of Ekaterinburg in Russia in 1985 and worked as a hospital doctor specializing in internal medicine. He became interested in natural healing methods and took many different courses in alternative therapies. He completed his Ph.D with "Alternative Medicine in Russia" as his doctoral thesis and

for the past 15 years he has been practicing alternative medicines such as acupuncture, homeopathy, iridology and reflexology. Dr. Shmitsman's traditional medical background and his training and experience in alternative medicine have given him exceptional mastery in his field. By carefully combining different alternative therapies, he is able to create a new and effective

way to restore organic balance.

- Professor at the Academy of Alternative Medicine in Russia and Germany and the President of the Canadian Association of Modern Medical Reflexology and Reflexotherapy.
- Provides specialist training for doctors, Physiotherapists, Massage therapists, reflexologists and acupuncturists

HEALTH, HEALING & BODYWORK



Dr. Susan M. Barr & Dr. Shivakumar Varma
Pacific Institute of Wholistic Healing
3664A West 15th Ave., Vancouver, BC V6R 2Z6 Ph: (604)228-1537, Fax: (604)228-1360
E-mail: ayurveda@home.com

The Institute offers one and a half hour consultations in Ayurveda and Mind/Body medicine, Ayurvedic massage, herbal and nutritional programs, life-style management and counselling for \$90. There is no charge for follow-up consultations.

Completely unaware of the significance, we make endless choices every minute of our lives. Made in awareness, these choices deliver health, love and joy. This is a premise of Ayurveda. To understand how to utilize

Ayurvedic principles, Pacific Institute of Wholistic Healing offers 'Creating Health'. The workshop developed and cosponsored by Dr. Deepak Chopra and The Chopra Centre for Wellbeing, as a foundation course in Ayurveda and Mind/Body medicine. Mindful of busy schedules, timings can be tailored to individual conveniences. The cost of the workshop is \$ 295, inclusive of a beautiful manual and other informative printed material.

Panchakarma treatments and several traditional Ayurvedic programs are organised in India, by request.

FREE weekly support meetings for workshop graduates as well as a very interesting and informative newsletter on Ayurveda and Mind/Body Medicine available by subscription for \$15 annually.



PACIFIC Institute of REFLEXOLOGY

Enjoy Deep Blissful Relaxation!

Reflexology is taught and practiced as a potent, safe way to: free stress and tension, relieve pain, improve circulation, and facilitate the body's healing processes. Gentle, soothing stimulation of foot, hand or ear reflexes revitalizes your whole body.

Private Sessions

Enjoy the healthy benefits of therapeutic half-hour

sessions: \$30. **Student Clinic:** Tuesday evenings, sessions only \$15. Revitalize yourself, you deserve it. Book your appointment now!

"Recreational Reflexology" Video Guide

Enjoy pleasurable, quality time with your family and friends following expert guidance to foot reflexology sessions. Only \$29.95 for endless enjoyment!

Training

Certificate courses prepare you to practice reflexology competently. \$275. See: Education Listing. Books, charts, "MASEUR" sandals and self-help tools available.

535 West 10th Avenue/Cambie **VANCOUVER**, B.C. V5Z 1K9. (604)875-8818. Fax: 875-8868
Website: <http://www.pacificreflexology.com>

Shiatsu Therapy

Saul Rosenbaum
Certified
Shiatsu Therapist



Experience deep relaxation, increased body awareness, and integral balance in the comfort of your own home. Everyday stress can lead to patterns of tension in our bodies. If untreated these tensions can manifest as any number of symptoms. Shiatsu is a holistic therapy that utilizes both an energetic, and physical understanding of our beings that works to prevent and relieve the

effects of stress. Shiatsu therapy offers a comprehensive approach incorporating:

- Deep yet gentle pressure point work
- Passive stretches-assisted exercises
- Gentle rocking techniques and energy work.

Some of the symptoms Shiatsu helps relieve include back, neck, & shoulder stiffness/pain, chronic headaches/migraines, digestive

complaints, insomnia/fatigue, muscular ache/spasm and more.

Saul Rosenbaum is a graduate of the 2200 Hour Shiatsu Therapy Program at Kikkawa College and has been in professional practice for over 6 years. Outcalls available to your home or office. In-clinic treatments also offered. Gift certificates available. Call pgr 641-5481.



Vancouver Acupuncture & Chinese Herbology Clinic

ICBC claims accepted

This Clinic is under the direction of **Jian Chen Bristol**. She practiced as a medical doctor in both traditional Chinese medicine & Western medicine in Shanghai, China.

She worked in clinical and hospital settings for ten years before establishing her Vancouver Clinic in 1991.

Through her 19 years of experience and knowledge in both Chinese and Western medicine, she is better able to understand, diagnose and treat her clients. Jian Chen Bristol has been a lecturer on Chinese medicine at UBC. She is a member of the Acupuncturists and T.C.M. Alliance of B.C. Her expertise also extends to a supportive counsel-

ling service which encourages a healthy mind/body balance.

Vancouver Medical Building

#404 - 1541 W. Broadway (at Granville)
VANCOUVER
Tel: 739-8287



Dr. Diana Xiao M.D. (China) Registered & Certified Acupuncturist

ACUPUNCTURE AND HERBS for P.M.S., menopause, depression, skin & beauty, infertility, constipation, angina, weight control, asthma, insomnia, high blood pressure, pain etc. Use disposable needles. I.C.B.C., W.C.B. and Extended Medical claims accepted. 334-5740 Cambie Street (at 41st Ave.), Vancouver. Tel (604) 321-6987.



Valerie Kemp 739-9916 ~ CRANIAL SACRAL & LYMPH DRAINAGE THERAPY ~

Heart and Soul Centred Healing merged with:

• Cranial Sacral Therapy • Somato Emotional Release • Visceral Manipulation • Myofascial Unwinding • Energetic Dialogue • Chakra and Aural field Energy Work • Lymph Drainage Technique. An eclectic approach to provide you with the most complete treatment.

Classes offered - **The Essence of Breath**, starts May 4, 4 Thursday evenings, 7-10 pm. **Coming - Cranial I**, 28 hrs. **Read Alive Magazine** April Issue "Lymphatic Drainage" by VK. (604)739-9916.



HEALING BODYWORK CENTRE

MARY BENSON
737-8350

The **Healing Bodywork Centre** offers a certified 1 1/2 hour full body, relaxing, healing & detoxifying massage. A variety of techniques including: Shiatsu, Reflexology, Swedish and Lomi-lomi strokes. Feel re-charged and ready for new experiences. Also available Reiki and Lymphatic drainage. Call (604) 737-8350 to book an appointment



REIKI INSTITUTE FOR HIGHER LEARNING 515-1226 BARBRA HUDSON REIKI MASTER Hudson2000@telus.net

I will attune you to an evolving form of Reiki for the powerful growth and healing of yourself and those you touch.

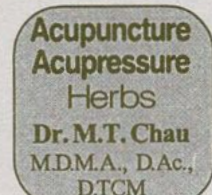
- Tera-mai Reiki and new symbols included
 - Learn to work with your own personal guides to access information intuitively
 - Unified healing technique
 - Private sessions offered
- <http://sites.netscape.net/ibwcan/reiki>



DR. TAN SHEN D.T.C.M. Master Degree from Beijing University in Traditional Chinese Medicine

Specializing in:

- Migraines
 - Neck Pain
 - Back Pain
 - Tendonitis
 - Stress
 - Trigeminal Neuralgia
 - Frozen Shoulder
 - Sciatica Pain
 - Golf/Tennis Elbow
 - Chronic Fatigue
- #320 - 1200 Burrard Street (at Davie St.)
(604)618-0568



Chinese Medicine & Acupuncture Centre 740-4400 Hazelbridge Way Richmond, B.C. V6X 3R8

Dr. M.T. Chau, notable T.C.M. practitioner and chancellor of Western Canadian Institute of T.C.M. Practitioners, one of the first registered acupuncturists in B.C..

**MAKE AN APPOINTMENT NOW,
YOUR PROBLEMS CAN BE SOLVED.**
Phone: (604) 270-1818



AURASENSE BOTANICAL PRODUCTS
Pure Essential Oils, Aromatherapy Soaps and Body Products, as well as soap making & natural body care supplies. Best prices & quality. Mail order and wholesale to wellness practitioners, manufacturers and retailers. Wholesale to public with minimum order. (604)467-4111 or toll free 1-888-922-4111

ADVANCED ENERGY HEALING

JULIA DAY
604-879-4299

TRAUMA • PAIN • FEAR • ILLNESS • DEPRESSION



Release Negative Energies & Restore Health
Using heart-centered, soul-directed craniosacral therapy • somato-emotional release • chakra balancing • energetic dialogue • sound vibration • past lives • higher self • inner child • bi-weekly healing support group • morning dynamic meditation • workshops. **Julia Day** (604)879-4299.

HEALTH, HEALING & BODYWORK

Westcoast Naturopathic Clinic



Naturopathic Physician
Dr. Glenda Laxton

Personal health-care management to fit your needs

Specialties

Woman's Health & Gynecology
Homeopathy - Bowen technique - Nutrition
Hydrotherapy - Botanical Medicine

Accepting new patients - Families welcome
#1114 - 1030 W. Georgia
681-5585



LOVE
HEALS

Anne McMurtry, Ph.D
Reiki Master

I offer healing sessions blending Reiki, crystals & gemstones, channelling, sacred sound, aromatherapy and colour healing.

Past Life Regressions and deep trance work also offered. Ongoing workshops offered in Reiki I, II & III, Crystal and Gemstone Training. Please call 734-8219



Vital Force
Wholistic Health Centre

Dr. Elvira Kravenkova
M.D. (Russia), R.R.D., R.H.D.
Tri-Cities Area • 945-4193

Member of:
West Coast Homeopathic Association of BC
Association of Modern Medical Reflexology
Twelve years of clinical experience

Testing of your energy balance, condition of your organs and allergy testing with Computerized Electrodermal Screening.

- Natural Treatment • Preventive Medicine
- Homeopathy • Ear Electropuncture
- Light Acupuncture (no needles)
- Su-Jock Reflexotherapy



James Hillen

Classical
Homeopathy

James Hillen, M.Ed., CCH

Homeopathic Consultant and Counsellor
Certified in Classical Homeopathy.

- Natural, non-toxic remedies for self-healing.
 - Chronic or acute illness.
 - Mental or emotional problems.
- Reasonable fee. Call (604)324-7595

Claudette Bouchard

Teacher / Healer
263-4699
Energy is Power



Increase Your Appetite for Life!

Experiential Energy Building: Levels 1, 2, & 3.
Strengthening one's own energy field. Clearing & enhancing relationships with others.

For private sessions and workshops call:
(604) 263-4699 "Let your essence shine!"



ACUPUNCTURE
HERBAL MEDICINE
ANGELA LIU
Doctor of Traditional
Chinese Medicine
605-3382

Trained in Canada and China.
Fluent in English and Chinese.

Special Package for

Stop Smoking and Weight Loss

- Back pain • Arthritis • Insomnia
 - Digestive disorders • Respiratory disorders
 - Gynecological issues • Skin disorders
- Low-Cost Acupuncture Package**

Chinatown Centre Medical Clinic
#165 - 288 East Georgia Street, Vancouver



**Structural Integration
Hellerwork**

733-0339

Jenny Lou Linley
Certified Hellerwork Practitioner

Deep tissue release results in an expanded, lighter, more alive state of being. Interactive dialogue connects mind, body, spirit. Movement awareness supports postural changes. Good for injuries, carpal tunnel, thoracic outlet, chronic back pain, joint problems, stress, tension, personal growth. A profound experience!
FREE 1/2 hour consultation.



THE
ALEXANDER
TECHNIQUE
CENTRE

The Alexander Technique is a method of mental and physical reeducation which has the effect of reducing unnecessary tension in all human activity. It teaches you how to use your body to its best advantage.

The Alexander Technique Centre,
#110-809 W41st. Ave. (at Willow),
VANCOUVER, 737-2818.

DR. B. DHINSA

- Ayurvedic Centre
- Homeopathic
- Acupuncture-TCM
- Herbal Dispensary

Tel (604)323-1400.



KITSILANO LOCATION: 2068 W. 4TH AVE.

- skin diseases • gynecology • cholesterol
- impotence • infertility • arthritis • prenatal care & nutrition • geriatric concerns • food and nutrition counselling • Psoriasis • Ayur & TCM massage



From \$15 Treatments

CareMaster
Integrated Therapy Clinic

2615 Kingsway, Vancouver
5 min. from 29th Ave Skytrain
(604) 419-8839

FREE Initial Consultation

FREE Exercise Classes

FREE Herbal Medicine Samples

- Relieve Joint/Muscle Pain • Lose Weight
 - Reduce Stress & Fatigue • Reverse Hair Loss
 - Enjoy Soothing Facials • Treat Skin Problems
- "After the first treatment at Dr. Wang's clinic, I felt a difference and after the second, I was able to walk freely, as I was walking before."

- V. Kaverina, Vancouver

ACUTHERAPY & HERBAL CLINIC



733-3358

www.acuthera.net

#200-1701 W. Broadway
Vancouver, BC V6J 1Y3

DR. JENNY ZHANG and her team are well trained MDs in China and they are officially Registered Acupuncturists in BC. Each of them offers her/his clients unique professional Treatments, and respectively specializes in Pains and Stress relieved, Women's problems, Skin diseases, Complex diseases and cancer treatment.
Free Diagnosis by pulse taken on Fridays.



TEA TREE OIL

Nature's strongest antiseptic-available at leading Beauty/Professional outlets. The highest quality, therapeutic line of products.

604-922-2562 or 1-888-431-2525

TAI SIN ACUPUNCTURE & TCM CLINIC

Free Consultation

We are accepting:
• ICBC claims • WCB claims
• some extended medical insurance

Dr. Tat Wing Wong D. TCM
20 years clinical & research experience
Dr. Rui Sheng Gu D. TCM
Professor & Ph.D. tutor of TCM

BC GOV'T REGISTERED ACUPUNCTURIST
Traditional Chinese Medicine, over 2000 herbs.
We treat:

- Terminal illness
- Depression Anxiety
- Multiple Sclerosis
- High/Low Blood pressure
- Alzheimer's Disease

- PMS, Menopause, Infertility
- Sports Injury
- Osteopathy
- Chronic Fatigue
- Arthritis
- Tendonitis

For Appointment Call: 876-9181

3612 Main Street, Vancouver, BC, V5V 3N6

HEALING DEBILITATING DISORDERS

with the help of the archangel Uriel co-creatively. God's heavenly energy flows through the archangels and through me to heal you.
Najh 604-298-8482. E-mail: najhc@sprint.ca.
Member - The Spiritual Institute of Co-creative Healing.



Dr. Raymond Chan,
H.W., D.T.C.M.

Post-graduated from Beijing
College of Traditional
Chinese Medicine

451-9376 2687 E. 47th Ave., Vancouver.

HIGHLY SPECIALIZED HANDS-ON TREATMENT PROVEN TO EXPEDITE AND MAXIMIZE RECOVERY.

- irrefutable testimonials by local patients who gave up hope in top Western experts!
- prestigious credentials
- over 15 years clinical experience in Hong Kong

Specializing in:

- sports injuries, chronic soft tissue pain
- arthritis, tendinitis, bursitis
- joints & broken bone problems
- sciatica, peripheral nerve problems
- sprains, strains, dislocations

For free initial consultation please call
451-9376

Plans to protect air and water,
wilderness and wildlife are in fact
plans to protect man."

- Stewart Udall

INTUITIVE ARTS

EVANLY-RAYS

PSYCHIC ANSWERS

1-900-451-4055
RATED #1 IN CANADA FOR ACCURACY & SERVICE

Attention Customers
Free to U now! Reg \$39.99
The World's most informative calendar with organizer. Limited supply - so call now.

Call 1-900-451-4055 24 hrs. \$2.99/min
Must be 18 years or older to call

OUR COMMITMENT TO OUR CUSTOMERS:
Satisfaction guaranteed or money refunded.
Canada's leading Astrologer & Clairvoyants Psychic Company... Rated #1 in Canada for Service and Accuracy in 1995 thru 1999. Refund offer to all 1st time callers, with no exceptions guaranteed. Police use us! From sea to sea - nationally

SPECIALIZING IN:

- Relationships and is your spouse loyal or cheating
 - Millennium Predictions
 - Picking today's luck lottery # winners
- Confidentiality guaranteed on all calls.
24 hrs call now 1-900-451-4055



QUALITY ADVICE AND INSIGHT
ANYTOPIC! Since 1974, The Evergreens, speaking through Michael Blake Read, have significantly contributed to the happiness of individuals, families and companies in more than 19 countries. Private sessions in person or by phone: (604) 536-7402 Fax (604) 536-0804 email: m_read@msn.com

TELEPHONE LIFE READINGS - For Keen Spiritual Seekers - Jill Hester's unique gift allows her to see past life/karmic patterns and their present life impact ... just hearing your voice! Readings transmit healing and move energy blocks. jhester@axionet.com; www.at.org/jill; (604) 988-3699.

CHANNELLED READINGS

DR. ANNE McMURTRY
Anne's ability opens a line of communication between you and your Spiritual Guides, allowing them to speak directly to you. To inquire please call Dr. Anne McMurtry at 734-8219, VANCOUVER. See ad in Health, Healing & Bodywork section.

LOOKING GOOD

Gérard Emanuel



BEFORE



AFTER

Receive Free Conditioning treatment from our assistant Timea.

Gerard Emanuel - French Hairdresser and also Hair Loss Treatment Prevention Specialist
Gerard does not cut your hair right away. First, he looks at the shape of your face. He wants to know what you want, the time you spend on your hair, your life-style. Once your desires are communicated, Gerard's design creativity flourishes into action to leave you feeling great by looking your very best.

Very successful in preventing hair loss and thinning hair in men and women - Using natural 1st Class product, which is unique. He is the only one in North America using this technique. As seen in show of 1000 Women for Charles Stuart International Modelling Agency.

"With the treatment program and the excellent cuts, you have improved my hair's condition and overall appearance." - Diane
Gerard uses **Berit® The Ancestral Secret Herbal**

Formula for hair loss treatment prevention leaving your hair soft and free of chemicals. Gerard was trained in Paris and worked all over the world as a platform artist along with Mitch, the best color technician in BC. He has many testimonials and very happy clients. Gerard invites you to his recently opened salon in Kitsilano.

10% off first hair cut. Ample Parking Available.
3432 W Broadway, VANCOUVER
(604) 732-4240



Yaletown Alternative Health

Suite 202B
1207 Pacific Blvd.,
Vancouver, BC V6Z 2R6
Tel: 647-0838

Earth Day Special- All Month Long
Best Price in Town!
For only \$44.99
1 hour aromatherapy massage,
30 minute organically grown fruit facial.

MEETING PLACE

CENTRAL SEMINAR ROOM/OFFICE

Cozy, carpeted room, seats 40.
Available 24 hours, seven days/week.
Natural/dimmer lighting, parking, beverage facilities, good energies.

Healing room: part/full time. Reasonable rates. Inner Garden Activity Centre, 535 West 10th Avenue (at Cambie). (604) 875-8818.

NEW WORKSHOP FACILITIES

New workshop facilities - 30 ft dome, classroom, hot tubs, saunas - Trueheart Center.
1-888-734-6881.

MARKETPLACE

MOUNTAIN GEMS



CRYSTALS • MINERALS • FOSSILS
Tumbled Stones • Rock Polishers • Gifts
Lapidary & Jewellery • Tools, Machinery & Supplies etc. • Lots of excellent BOOKS!
Our wide variety of rocks & minerals includes many of the hard-to-find metaphysical stones.
Join us for our fun, exciting, ongoing Jewellery

Making Classes and learn to make professional-looking jewellery in your spare time.

Along with our guaranteed friendly service & expert advice, we offer custom stone cutting, bead stringing & designer sterling silver jewellery services.

Open 6 days a week - Tues. - Fri. 10am - 6pm;
Sat. & Sun. 11am - 5pm; closed Mondays. Call to check our hours on holiday weekends.
4611 Hastings Street
BURNABY, B.C. V5C 2K6
Phone: (604) 298-5883
FAX: (604) 298-2669



Nature's Own Antibiotic

1-800-643-0259

Colloidal Silver is a powerful natural antibiotic that has been used for thousands of years. Today it has been used successfully against over 650 diseases without any side effects. 99.9% pure silver in steamed distilled water. Laboratory tested. Made in B.C.
1-800-643-0259

GROW YOUR OWN ORGANIC FOOD

Installations, demonstrations, coaching, composting - **Edible Landscape:** grow veggies, herbs and fruit year round for optimal nutrition, flavour & selection. **Naturescape:** native shrubs & trees for wild birds and ornament, low maintenance. Free Estimates, Reasonable prices.
John Tabak, B.Sc. Biology. Ph. 324-9303.

DIVORCE LAW: FREE LEGAL INFO

at Donald Moir's Family Law Canada website (<http://ourworld.compuserve.com/homepages/dlmoir>). Budget-conscious, child-centred legal advice and advocacy. Over 10 years' legal experience. Moir & Moir, Lawyers, Vancouver. Call us: 685-7996.

PSYCHOLOGY, THERAPY & COUNSELLING



Reichian and Yogic Therapy

John Arnold, Ph.D.

You have been counseled, coached, and consulted. Yet you still struggle daily with repetitive negative life patterns that interfere with your personal happiness and success? In my 22 years of practice in Los Angeles and Vancouver I have been successful in assisting individuals to free themselves from unwanted

thoughts, feelings and behaviours. I use an integrated therapy including all aspects of your being-body, mind, emotions and spirit-specifically designed for your individual needs. My expertise includes behavioural and substance addictions, co-dependency, fear based syndromes, chronic depression and recovery

from dysfunctional/abusive families. If you've tried various therapies and processes and still feel you have not resolved your core issues, then it's time for you to see me.
Call for further information or a free consultation. Carpe diem. (604) 261-2788.



What is Possible?

Toni Pieroni,
M.A. (Psych)
Counsellor/Therapist

Freedom from the beliefs, feelings and behaviours that result in emotional pain and repetitive, reactive patterns that keep you stuck.
Life's options open up as you learn to respond rather than react, resulting in:

- Healthy, intimate, satisfying relationships
- More success in work and career
- Joy, ease and pleasure in life itself

• Aliveness and authenticity

Some issues dealt with:

- Emotional, physical and sexual abuse
- Addictive and obsessional behaviour
- Relationship issues and co-dependency
- Anxiety and depression
- Self-expression

About Toni Pieroni:

Along with my professional training and skill, I bring over 20 years of personal development experience.

I offer individual and couple therapy. For further information or for a free introductory session, phone 737-0168. E-mail address: www.counsellingbc.com/listings/tpieroni.htm

PSYCHOLOGY, THERAPY & COUNSELLING



HOFFMAN QUADRINITY PROCESS

A LIFE-CHANGING EXPERIENCE
A 7-DAY RESIDENTIAL EXPERIENCE
The Hoffman Quadrinity Process is for:

- people who cannot deal with their anger,
- those unable to come to terms with their feelings,

- adults who grew up in dysfunctional and abusive families,
- executives facing burnout and job-related stress,
- individuals who are in recovery.

"I recommend it without reservation."
- John Bradshaw

"The most effective program for healing the wounds of childhood."

- Joan Borysenko, Ph.D.

Please call for your brochure
1-800-741-3449 (toll free)

FREE YOURSELF

Jaminie Hilton

RCC

Masters in Counselling,
Chemical Dependency
Certificate



Discover your personal strength—it lies in the coping style that has gotten you this far; shift depression to hope. Free yourself from fears of unfamiliar feelings that block growth toward creativity and intimacy. Deepen and enrich your connection with others.
Create the life you deserve.
In a safe environment, learn to value your

power, and your vulnerability; change learned patterns; allow wishes, hopes, and dreams to surface.

Issues

- Blocks to Creative/Career Success
- Trauma/Abuse: Physical, Sexual, Emotional
- Depression
- Anxiety

- Relationship (from romantic to roommates)
- Addictive Behaviours
- Grief/Loss

I have 20+ years experience as a counsellor/therapist with adults, adolescents, and couples. EMDR available.

For free initial consultation or information call: 680-9744, VANCOUVER.



Wellness Counseling

Brenda Laface

blaface@sfu.ca

UNDERSTANDING STRESS

Energy as the Singular Substance/Essence
ACHIEVING BALANCE WITHIN FOR BALANCE WITHOUT

Independent Distributor of NIKKEN®

WELLNESS COUNSELING

Allow me to help you achieve balance. We are all energy subsystems within a much larger field of energy. Stress is blocked energy that impedes self-evolution. Are you stressed? Are you stuck? If so call me. There is peace in understanding. Brenda Laface (604) 421-3473.
(Evening and Weekend Appointments and Workshops available.)

Jonni O'Connor
PH.D.
Discover who you really are
www.jonniconnor.bc.ca

Connect with the deepest levels of your essence, not just the flood of your emotions. Go beyond who you think you are, or pretend to be.

Ph. 733-9111, 350-1423 Howe St. Vancouver, jonni@direct.ca

- psycho-spiritual counselling
 - guided imagery hypnosis
 - past-life regression therapy
- Private sessions/workshops/meditation classes



Dr. Bonnie M.
Meyer

685-0804

SPECIALIZING IN SELF CHANGE

Eliminating Negative Emotions and Self-Limiting Beliefs, Stress Management, Relationship Issues, and Motivation Coaching. Doctor of Clinical Hypnotherapy NLP, Counselling Psychology, Reiki Master, Time Line Therapy, Cert. Natural Healing Arts, Musicologist. Ph. 685-0804.

YOUR
GATEWAY
TO THE
PAST
Past-Life Therapy



Past-Life Therapy

Di Cherry is Certified Clinical Hypnotherapist, registered with the Canadian Hypnosis Assn., A.P.R.T., C.G.C.A. Her specialty: regression, and OBE facilitating. Diana B. Cherry, C.C.H., 2678 W. 11th Ave, VANCOUVER. For information or appointments, call: 731-2646.



Transform Curses
Into Blessings

Barbara Madani

Registered Psychologist

Vancouver 876-4317

If you want to recover the real self, reconnect with your energy and creativity, refine skills to realize your goals and reinstate your personal power - request an appointment.

We will transform curses into blessings using:

- self-hypnosis • EMDR
- exploration of feelings and reframing beliefs
- goal setting and decision making.



Bianca Rucker

R.N., M.A., Ph.D.

Sexual &
Relationship
Therapy

Do you have recent or long-standing problems with sexual functioning, desire discrepancies, inhibitions, or communication conflicts? Using brief therapy and/or hypnosis, I can help you deepen your intimacy and revitalize your sex life. Registered Marriage & Family Therapist. Fees tax deductible. By physician referral or call directly: Bianca Rucker, Ph.D.
601 W. Broadway, Suite 400, Vancouver
(604) 731-4466.



CORE BELIEF
ENGINEERING

Reach and expand your potential in all areas of your life. Since 1985 this gentle method has proven exceptionally effective in changing automatic, self-limiting patterns and enhancing Conscious Choice. Elly Roselle offers private sessions and classes.
(604) 536-7402. Email: eroselle-cbe@msn.com



Daeniela
Bheumont

Registered Psychologist

*225-809 W. 41st Ave.
261-4045

Counselling and Psychotherapy
20 years experience

- Depression • Anxiety • Grief • Stress
- Relationship • Family • Inner Child Work
- Life Transitions • Creative & Spiritual Issues

Holistic approach, includes Gestalt, Inner Visualization and Jungian Dreamwork.

DOES YOUR HEART AND SPIRIT SING? ARE YOU LIVING YOUR TRUTH?

Trained in Spiritual Healing Practices, Life Planning and Stress Management, let me guide you onto a path of healing and fulfillment.

ILDIKO 215-1951.

Certified Spiritual Healer, Ordained Minister.

TRANSFORMATIONAL HYPNOTHERAPY.

Open to Spiritual Awareness; Raise Vibrations; Prepare for Ascension; Transcend Time/Space; Meet your Higher Self, Guides, Angels, Spiritual Family; Experience Divine Love and Oneness with All That Is. Jackie C.C.C.; C.C.H. (604) 274-1518.

INNER WORK COUNSELLING

Offers innovative clinical treatment of traumatic distress and related problems. EMDR (Eye movement Desensitization and Reprocessing) for relationship issues, depression, addiction, anxiety, low self-esteem. Dr. Nicole Zullig, BC registered clinical counsellor and family therapist. Call (604) 263-1004.

SOLVE THE PROBLEM OF REPEATING UNHEALTHY PATTERNS IN RELATIONSHIPS AND LIFE

Private, affordable. I will help you with anger, abuse, anxiety, self-esteem, depression, relationships, loss, suicide, emotional pain. Individual or couple, \$45/hr. Call Megan Hughes, B.A., Dip. Ed. 734-2779

PSYCHOTHERAPY Specialization: life transitions, loss and grief, psychological trauma, emotional response to brain injury and other injuries. Working with individuals and families. Central location at Granville and 10th. Sliding scale fees; flexible hours; English, German. Ulrike Kleemann, B.A., OT(Reg.). (604) 250-5031.

PRIMAL THERAPY

Have you read Arthur Janov: *Why You Get Sick, How to Get Well*? We offer personalized intensive and ongoing Primal Therapy. Convenient arrangements for out of town and international clients. Agnes and Ernst Oslender, Primal Centre of BC, 4750 Finch Rd, WINFIELD BC, V4V 1N6. (250) 766-4450.
http://www.primal.bc.ca

So many people believe in you. Make sure you are one of them!

PSYCHOLOGY, THERAPY & COUNSELLING

THERE IS A WAY OUT

In a respectful relationship with warm support you can shift problems like depression, addictions, low confidence, career & relationship troubles or self sabotage. I am a skilled therapist committed to excellence. Free Consultation. Laida Bond M.A., R.C.C. (604)888-8443 (Vancouver office)

CELESTIAL GEOMANCY LTD. Feng-Shui consultation, Chinese Astrology, Classes, Charms. Business via: Internet www.rivermap.com, E-mail chrisau@rivermap.com, Fax 604-270-0873, Phone 604-270-9780 or visit us at Richmond Public Market-2220-8260 Westminster Highway, Richmond - Christopher Au.

"We are each as much a part of the environment as a tree is. The ecosphere is an interconnected web (like the Internet)."

- Matt Howes

RESTAURANT/FOOD



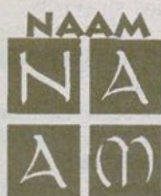
Natural Foods Restaurant

...on Broadway

Woodlands Natural Gourmet Restaurant offers one of the finest vegetarian dining experiences anywhere... with an extensive hot buffet selection of international entrees - all prepared without any artificial ingredients. Please try our new vegetarian pizzas and

vegieburgers. We bake all our own breads, pastries and desserts daily. Our salad bar and buffet (by weight) are dressed with a delightful variety of garden greens and fresh fruits. Fine catering is available. "Vegetarian food served with a touch of real class." - *Vancouver Sun*.

Group meeting room available. Perfect for parties or group meetings. Licensed. Open Mon.-Fri., 10am to 10pm; Sat. & Sun. 8am - 10pm. Woodlands Natural Foods Restaurant, 2582 West Broadway (upstairs) at Trafalgar in KITSILANO. Call 733-5411.



"Great Food, Anytime!"

Open 24 Hours

THE NAAM VEGETERIAN RESTAURANT For years voted "Best Vegetarian" in the Georgia Straight and in Vancouver Magazine's "Reader's Choice". Open seven days a week, 24 hours, licensed, wood fireplace, heated patio, live music at dinner. 2724 West 4th Ave. 738-7151.

Do not go where the path may lead, go instead where there is no path and leave a trail.

SPIRITUAL PRACTICES



Vancouver Church of Divine Man CDM Psychic Institute
www.c-d-m.org

CDM, a healing community assisting people to rediscover themselves as spirit, offers guided meditations, spiritual healings, psychic readings and classes including meditation, healing and clairvoyance. Trained teachers lead all activities. 2nd Floor, 1564 West 6th Ave., VANCOUVER. (604)730-8788. Call for a brochure.

THE TRUTH

about the Healing mission of Jesus von Nazareth - Read about this and much more in THIS IS MY WORD. Free excerpts booklet: UNIVERSELLES LEBEN, Dept. 348, Pf. 5643, D-97006 Würzburg, Germany, or call 1-800-846-2691. <http://www.universelles-leben.org>.

"The greatest pleasure of life is doing what others say you cannot do."

- Walter Bagehot

TILOPA BUDDHIST CENTRE

Talks and meditations on the Buddhist way of life: transforming our lives with wisdom and compassion. Every week in Vancouver, West Van, and Courtenay (Vancouver Island). Weekend retreat: The Peace of Concentration, 19-21 May at Edenvale Retreat Centre, Abbotsford. For more info: (604)221-2271. Website: www.tilopa.org

FOUNDATION COURSE IN MEDITATION Access inner peace and power! Learn to meditate in one month (twice-weekly lessons). Near Joyce Skytrain Station. Information and registration: 436-4795. The classes are in English, however arrangements are available for those who speak Croatian, Gujarati, Hindi, Korean, Portuguese, or Punjabi.

VIPISSANA MEDITATION Train the mind to achieve balance, reduce reactivity, and develop love & compassion. Ten-day meditation courses as taught by internationally respected teacher S.N. Goenka, and assistant teachers. Monthly courses and introductory talks - beginners welcome. **Vipassana Foundation:** Vancouver - (604) 730-9877. Victoria (250) 743-1490.

"We know the truth not only by the reason, but by the heart"

- Blaise Pascal

TIME OUT AND TRAVEL



Johnson's Landing Retreat Center

Johnson's Landing
B.C. Canada
Overlooking
Kootenay Lake

WORKSHOPS-RETREATS-PROGRAMS

- Ancient & Mystic Ways
- Creative Arts
- Personal Growth
- Healing
- Spiritual Development
- Relationships

Some places have that "I know I was meant to be here" feeling ... this is one of them

For complete Workshop, Retreat or Program Information phone Toll Free: 1-877-366-4402

E-mail: info@JohnsonsLandingRetreat.bc.ca
Web Page: www.JohnsonsLandingRetreat.bc.ca



SHUSWAP LAKE

R. & R. at M. & M.
A space to rejuvenate. Book now for a relaxing weekend wilderness experience at Seymour Arm, B.C.. Enjoy home cooked meals, meditation, yoga, crafts, sports and star gazing. Call Helena at 604-984-6655
Fax: 604-984-9958
E-mail: helena7373@home.com

ENCHANTING FOREST RETREAT

Sidhe Comhairle "shee corla" (Gaelic for Fairy Wisdom) is a secluded hide-away offering an artistically restored 70's dome cottage. Accommodation for individuals, couples, groups. Additional bunkhouse and separate bathhouse includes sauna. At the end of the road in Lund, BC. Reasonable rates. (604)483-9160. www.islandnet.com/~thedome

TRUE HEART CENTER

Treat your soul to a few wonderful days of healing pleasure. Rejuvenate your body, mind and spirit. Healing sessions, cleansing saunas, hot tubs, meditation. Vegetarian meals. Kind, loving souls. Personal, family, group and Bed/Breakfast retreat packages. 50 miles south of Vancouver, BC. 1-888-734-6881. trueheart@telecomplus.net

MOONRISE GUESTHOUSE

A TRANQUIL PLACE on Salt Spring Island, offering outstanding views over ocean and islands. Combine your stay with bodywork such as cranial sacral, acupressure, energywork and healing. Phone: 250-537-4860.

SPIRITUAL INDIA: A YOGA JOURNEY

Trips: India, Nepal and Tibet
August, September & October 2000

1-888-367-6147
inquire@spirit-of-india.com
www.spirit-of-india.com

HOLISTIC DENTISTRY

It is possible to have a
Blissful Dental Experience!
Wellness Centered Dentistry
Dr. Riko Ricketts



MERCURY FREE DENTISTRY

- Non Metallic restoration
- Nutritional guidance
- Anxiety control
- Homeopathics
- Sleep dentistry

New Clients and questions are always welcome. Tel: (604)736-4535 Toll Free: 1(888)242-7206 #303-1770 W.7th Ave, Vancouver, BC. ".....because you deserve it."

Datebook

Datebook Deadline is the middle of the preceeding month.
Cost is \$25 plus GST. Must use Form provided. No charge
for free events by Non-profit Organizations space permitting.

WORKSHOPS & EVENTS

April 7
Foot Reflexology Introduction weekend training course starts. Certificate Training course preparing participants to practice Reflexology competently. Intro: \$10 - Course \$275. Pacific Institute of Reflexology, 535 W. 10th Ave. 875-8818.

April 7 - 9
Foot Reflexology Weekend Workshop-Certificate Training course preparing participants to practice Reflexology competently. \$275. Pacific Institute of Reflexology, 535 W. 10th ave. 875-8818.

April 7-9 or 9-11 or 7-11
Women's Health from an Ayurvedic perspective with Dr. Sarita Shrestha. Salt Spring Centre. 250-537-2326. www.saltspringcentre.com

April 9 or 15
Intuition Workshops-Learn how to receive and trust your inner guidance and answer major life questions. 986-0922.

April 11 - 15
Love Bites! Scottish Fringe Diva Terry Neason performs at the Vancouver East Cultural Centre. 8 pm. For info call: 709-8258.

April 13 - May 4
Tusk: Carvings in Prehistoric Ivory at Crystalworks the Gallery of Natural Art, 1800 West 5th Ave. (at Burrard). 7:00 pm - 9:00 pm. For info call: 732-3870.

April 14
Tired of Working on Someone Else's Terms? Doors open at 6:30 pm., lecture begins at 7:00 pm. The Radisson Hotel Burnaby, 4331 Dominion St.; Burnaby, B.C. To preregister, call AIM Canada at (604) 263-8497 or 888-343-9977.

April 14 - 16
Living Light Energy SKHM Healing Workshop with Patrick Zeigler & Diane Shewmaker. SKHM (Seichim and Sekhem) an ancient universal healing energy rediscovered in Egypt by Patrick. Re-establish your connection with Source. Become aware of your life purpose \$350-Victoria. Elizabeth Connolly: 250-381-1570 www.celestialwellspring.com/skhmworkshop.html

April 14 - 16
Music: The Divine Language Singing Workshop. Shimon Robinson, Harold Moses. \$100, Unitarian Church. Pre-registration 733-1058.

April 14 - 16
Core Belief Engineering-Basic Seminar, Saskatoon, SK. Contact Fay Minifie (306) 665-1954. email: fminifie@sk.sympatico.ca

April 15
Aromatherapy in Late Pregnancy & Childbirth-Ashbury's Workshop. \$25 Products available at 25% above wholesale prices. Phone 276-9774.

April 15
Cranberry Commons Cohousing-info meeting for prospective members to create a housing development. N. Bby. 12:30 pm. RSVP Ruth: 298-9220.

April 16
Kits Classics Presents Free Chamber Music with members of the VSO. 4 pm. St. James Community Sq., 3214 W. 10th. 732-3990.

April 16
Tour Glen Valley Organic Farm Cooperative-8550 Bradner Road, Mt. Lehman. Tour starts 11:00 am. Pot luck at Noon. Info meeting 1:00-1:45. General meeting 2:00 - 3:00. Learn how certified organic food is grown. Rain or shine! Boots recommended. Alyson: 604-857-2105 or Tricia: 604-882-5337.

April 17
Rolfing® Body alignment through deep tissue work. Free Lecture/Demonstration with Amaro Hografer (certified Rolfer®) at the Wildflower Yoga Studio 1880 Fir Street - 7:30 pm. For information call Amaro: 736-1676.

April 18
Forgiving-A Key To Peace. Free talks by Cathy Gallagher, MS, LCSW - No. Van/Van Spon. Science of Spirituality. 985-5840.

April 18
David Suzuki Foundation & Translink celebrates Earthweek. Powershift: Cool Solutions to Global Warming- an exhibition of alternative energy technologies & speeches by David Suzuki & Ralph Torrie. Hyatt Regency. Exhibition 5:00 pm. Keynote address 7:30 pm. Advance tickets \$10 & \$5: all Capers locations, Mountain Equipment Co-op, People's Co-op Bookstore & SFU PIRG. Info: 1-800-453-1533.

April 19
Aromatherapy Massage 12 Week Program free intro. 7:00 pm. Paul Crowder & Lynda Henderson. Call: 263-5204 or 671-1738

April 20
Chapters (Strawberry Hill) invites you to a talk on Christian Science by Earline Shoemake of La Mesa, CA. Solving Family Problems with ideas from Mary Baker Eddy's groundbreaking book on spiritual healing- Science & Health With Key to the Scriptures. 7:30 pm to 8:15 pm. Scott Rd. @72nd Ave., Surrey. Ph: 501-2877.

April 21 - 24
Easter Celebration Retreat-A truly spiritual way to celebrate the inner beauty of Easter. Held in the silence, giving ample time for meditation, thinking, relaxing & getting in touch with the inner self. On the beautiful Sunshine Coast. Self Realization Meditation Healing Centre. 604-886-0898.

April 23
Talking With God presented by Mary Ellen Flora. 1:00 pm. Meditation to create ease & joy talking with God. Vancouver CDM, 1564 W. 6th Ave. 730-8788.

April 25 - 26
Free Avatar Introductory Workshop of the most effective course in the world in belief management, personal transformation and self-empowerment. 7:30 - 8:30 pm. Deep

Cove. For details call Russell: 924-9325 or Miklos: 987-7857.

April 26
Learn About Local Food Sources-Free. Interactive, kid-friendly event. James Bay school, 140 Oswego. 7:30 pm - 9:00 pm. 250-383-5800.

April 26
Supreme Master Ching Hai & the Quan-Yin Method of Meditation. Free public video seminar. Contact: 541-1530.

April 27
Eckankar: Past Lives, Dreams & Soul Travel-Workshop. 2 locations: both at 7:30 pm. Firehall Branch Library, 1455 W. 10th: Maelon: 730-0254 & at Burnaby Public Library, 6100 Willingdon Ave.: Michael: 432-1953. Free.

April 29
Colour Therapy & Aromatherapy-Ashbury's Workshop. \$25 Products available at 25% above wholesale prices. 1:00 pm - 4:00 pm. Phone 276-9774.

April 30
A Gloria for Burns Bog-featuring Vivaldi's "Gloria" with the Chalice Choir & the Vancouver Chamber Players. Unitarian Church of Vancouver. 949 W. 49 Ave. (At Oak St.) Tickets-\$10. Seniors/Students: \$8. On sale after Sunday Services. At door or reserve at 261-7204.

April 30
The Evergreens speaking through Deep Trance Psychic, Michael Blake Read: "I Told You So"-The Read House, 15459 Semiahmoo Ave., White Rock. Individual cost: \$39.95/afternoon-entire series \$139.95, Married Couples: \$64.95/afternoon. Entire Series, \$249.95 (604) 536-7402.

April 30
Vandusen Plant Sale-Choose from over 35,000 plants. Free admission. On Oak at W 37th. 10:00 am - 4:00 pm.

April 30 & June 4
Eckhart Tolle-Freedom from Time Seminars presents the author of the bestselling book The Power of Now: A Guide to Spiritual Enlightenment. 2:00 pm. - 5:00 pm. At the Vancouver Masonic Centre, 4th floor, 1495 West 8th Ave., Vancouver, B.C. Pre-registration is not required. Tickets for \$35 will be available only at the door. For more information call (604) 943-7155 or visit the website www.namastepublishing.com

May 5 - 7
Foot Reflexology Weekend Workshop- Certificate Training course preparing participants to practice Reflexology competently. Intro: \$10 - Course \$275. Pacific Institute of Reflexology, 535 W. 10th Ave. 875-8818.

May 6
Environmental Issues: One day training session to promote community action. Regina, Saskatchewan. 250-380-3001.

May 6
Emotional Healing-Ashbury's Workshop. \$25 Products available at

25% above wholesale prices. 1:00 pm - 4:00 pm. Phone 276-9774.

May 7
Prince George: Buddhist Meditation group practice. 9 am-4 pm. Lunch incl. By donation. Info: Jim 250-563-3810.

May 7
Canadian Herb Society Plant Sale is on May 7, 2000 from 10 am - 3 pm. in the Vandusen Garden's Floral Hall. 5251 Oak Street, Vancouver, B.C.

May 7 - June 4
Sivanada Yoga Teacher Training-In the Sierra foothills of California. Internationally recognized diploma upon completion. Phone (530) 272-9322.

May 10
Body Reading Course - 5 Wednesday evenings beginning May 10. Using the neo-Reichian character types as the basic map participants will learn how to read psychological information from the body. Amaro Hografer (certified Rolfer), Heather Dawson (R.C.A.T.) 736-1676

May 11
A New Formula For Peace-Explore with International speaker Dr. Mansukh Patel finding our own inner centre of peace & awakening to our purpose as a human being. 1495 W. 8th. 6:30 pm. For info on this & other events including Dru Yoga training: 263-4432.

May 12
Rolfing®-body alignment through deep tissue work. Free lecture/Demonstration with Amaro Hografer (certified Rolfer®) at the Hycroft Wellness Centre Ste. 214, 3195 Granville St. 7:30 pm. Info: Amaro-736-1676.

May 13
Introduction to Aromatherapy-Ashbury's Workshop. \$25 Products available at 25% above wholesale prices. 1:00 pm - 4:00 pm. Phone 276-9774.

May 13
Hollyhock-Share an evening of music, conversation and food with our staff, friends and year 2000 Workshop presenters. Experience the essence of Hollyhock! Join us at 805 E. Pender. For tickets or info. contact Allen, 276-9774.

May 16
Eckhart Tolle-Freedom from Time Seminars presents the author of the bestselling book The Power of Now: A Guide to Spiritual Enlightenment. 7:30 pm. - 9:00 pm. At the Vancouver Masonic Centre, 4th floor, 1495 West 8th Ave., Vancouver, B.C. Pre-registration is not required. Tickets for \$15 will be available only at the door. For more information call (604) 943-7155 or visit the website www.namastepublishing.com

May 18 - 21
Rebuilding-Starting Over and Moving On-When Your Relationship Ends. Learn how to start over-finish with the past and move on. Thurs/Fri 7-10 pm. Sat/Sun 9-5 pm. Ryerson Memorial Centre, Kerrisdale. 681-

7114.

May 19 - 21
BC ECKANKAR Regional Seminar Guest speaker Rick McDiarmid: How to Survive Spiritually In Our Times. Friday Concert or any 1 Seminar Session Free. Radisson President Hotel & Suites, No 3 Rd. & Cambie, Richmond, B.C. Call 434-3371 or 1-800-LOVE GOD.

May 20
Aromatherapy & Skin Care-Ashbury's Workshop. \$25 Products available at 25% above wholesale prices. 1:00 pm - 4:00 pm. Phone 276-9774.

May 27
The Chemistry of Essential Oils-Ashbury's Workshop. \$25 Products available at 25% above wholesale prices. 1:00 pm - 4:00 pm. Phone 276-9774.

May 27 - 28
Celebrating The Body Erotic. Awaken your erotic body. Discover the healing power of touch in this weekend. Workshop blending body, mind & spirit. Men's workshop. 681-9691. www.bodyelectric.org

May 28
16th Annual Partnership Walk. 11 am, Lumberman's Arch in Stanley Park. Walk helps raise public awareness about international development & raises funds to support projects assisting the poor in Asia & Africa. Hotline: 986-0075.

June 3
Ayurveda & Aromatherapy-Ashbury's Workshop. \$25 Products available at 25% above wholesale prices. 1:00 pm - 4:00 pm. Phone 276-9774.

June 10
Making Blends with Essential Oils-Ashbury's Workshop. \$25 Products available at 25% above wholesale prices. 1:00 pm - 4:00 pm. Phone 276-9774.

ONGOING

Soul Centered Astrology & Heart Alchemy sessions.
Soul responds to contemplation & the gradual owning & integration of new perceptions. Call Patrick or Vivienne 604-940-0580.

Conscious Singles
The Network for Professional Connections. Meet professional singles of all sexual orientations. Free "test drive" at www.conscioussingles.com

Buddhist Meditation
Wholistic health healing. Relieve stress and pain. Donation. Call Yi: 254-7328 or 473-7240.

Prince George
Meditation Society-Introduction, Zen & Tibetan groups meeting weekly & special events. 250-563-0761. Space Available in a New Studio in downtown Vancouver. Need massage therapist, yoga, dance, pilates instructors. Nadia: 633-2623.
Tuesdays
Vancouver Rape Relief & Women's Shelter-training sessions every Tuesday evening on 24 Hour Crisis

Line, in the Transition house. 872-8212.

Thursdays
Pranic Healing Clinic. Non-touch energy healing- treatment by donation. First 3 Thursdays of each month at West Vancouver United Church, 2062 Esquimalt. 1:00 - 3:30. 921-6981.

Sundays
Ascended Master Teachings-the key to self-transformation & world service. 10 am discussion. Group & tea. 11 am Sunday service. 201-6628 Fraser St. Info: 301-1128.

MISCELLANEOUS

Just Friends
Female (30's) seeks wise/creative/intelligent or funny (m or f) friends to talk about life. 684-1631.
SPEC, Society Promoting Environmental Conservation needs environmentally concerned volunteers for phones, greeting visitors, poster, mail-outs etc. Call Fae: 736-7732.

The Land Trust Alliance of BC

Preserving Sensitive Lands in British Columbia and Giving the Land a Voice, Mapping Our Home Places. To order copies of video or book: LTABC Land Trust Alliance of British Columbia 204-338 Lower Ganges Road, Salt Spring Island. B.C. V8K 2V3 or phone (250) 538-0112, fax (250) 538-0172.

FUTURE EVENTS

June 12 - 16
Raja Kriya Meditation. Open the Inner Door. With the loving guidance of Mata Yogananda we teach the eternal science and art of True Meditation. Self Realization Meditation Healing Centre, Sunshine Coast. Register/info: 604-886-0898.

June 17
Canadian Holistic Nurses Assoc. Conference & AGM. Magic of Energy Healing, St. Paul's Hospital, Vancouver. Info: 604-985-0718.

June 20 - 23
Soul at Work 2000-The New Age of Business: a new business conference bringing together authors, speakers, practitioners & great thinkers in business practice. Early bird registration \$450. After April 15, \$525. After May 15, \$600. Silver Star Mountain Resort, Vernon. 1-800-313-0799.

July 21 - 23
Firemaker 2000-Ancient humans had more than 30 ways to make fire. Rekindle the knowledge. www.firemaker.bc.ca 250-478-3110.

July 31
Community Development Institute-One day training session on climate change initiatives. Comox, BC. 250-380-3001.

Sept 6 - 22
Painting/Creativity/Travel-Mediterranean Corsica 16 day workshop with Zshu Zshu Mark. Meals, accommodation, 3 excursions: \$3,319. For details: (604) 255-1025.

Growing Greener

Organic Gardening

Allison McCutcheon, Ph.D.

One of our most fundamental connections to the earth is through plants as they are ultimately the source of all human sustenance. Plants are our food. They generate the oxygen we breathe, help recycle, and purify our water. They are the source of medicines to treat our wounds and help cure our illnesses, and often provide our shelter as well. It is no wonder that gardening has become the number one hobby for stressed North Americans. Gardening provides a lifeline that keeps us connected to the earth and in tune with nature. Green gardening not only feeds and heals our bodies but also our spirit. Relaxation, exercise, pleasure, and inspiration are some of the rewards that one may gain from organic gardening, in addition to healthy, wholesome food, a beautiful living space, and endless challenges. Although going green and growing all your plants, indoors and out, organically does provide a challenge, it really isn't that difficult or complicated. One has to learn how to work with nature rather than trying to fight and conquer her. One has to keep in mind that the goal is not to eradicate problems such as pests, diseases and weeds but rather to use nature's inherent checks and balances to limit the damage (to the plants and to the environment). To achieve this balance, there are a number of techniques and strategies that are used including building and maintaining healthy soil, employing good cultural practices, using mechanical techniques and physical barriers, enhancing natural controls such as insect predators, and using organic and biological controls.

Most gardeners are already familiar with the cultural practices necessary for healthy garden: good hygiene, crop rotation, interplanting and companion planting, and most importantly, continuously working at enhancing the soil. Mechanical practices and physical barriers are the best solution for the worst wet coast pests, slugs and snails, as well as many other organisms. Those who can not stand the more aggressive stomping and stabbing techniques can employ the more passive options such as diatomaceous earth, ground egg shells, protective plant collars and the infamous beer trap. Simply performing a daily inspection and removing diseased leaves and pests can prevent a lot of damage. Pests like caterpillars can be picked off by hand while others such as aphids can be washed off the plants with the water hose. Physical traps such as sticky yellow cards can also help control white flies and other pests. By fostering the plant and habitat diversity necessary for beneficial organisms to thrive, natural predators and parasites will keep most pest populations under control. This can be accomplished by growing plants that attract beneficials and providing habitats for them by allowing the

growth of some weeds and leaving an area for wild growth. In some cases, weeds can also serve as lightening rods that draw pests away from the plants you want to prosper. When pest damage becomes too severe in spite of all these measures, it may be necessary to introduce organic and/or biological controls.

Biological controls will only be successful if one understands their uses and limitations. Most species of beneficial insects, parasites and pathogens are specialists that are only effective against their preferred prey or host species. There is usually a lag time before the biological controls start to bring the system back into balance and they will never entirely eradicate the pest. In the interim, care must be given to select mechanical and/or organic remedies that will reduce the damage without harming the biological control.

Today's organic gardener has the luxury of choosing between making their own organic controls or purchasing them ready-made. Insecticidal soap is the sovereign organic remedy but there are also a number of herbal oils and infusions that can be used; garlic, tobacco, cayenne and neem are just a few examples. Sulphur powder can be used to inhibit fungal growth and watering with chamomile tea will greatly reduce the damping off of seedlings.

Two of the hottest new trends in garden design, native plant gardens and edible landscaping, are also excellent forms of "green" gardening. Native plant gardens are a great choice for people who travel a lot or are too busy to check the garden every day. Well-adapted to our climate and indigenous pests, they are also absolutely the best choice for the lazy gardener as they require very little maintenance once they are

established. Other green pluses include water conservation and restoring habitat for native wildlife. For information, contact the non-profit BCNPS Native Plant Society or attend the Native Plant Celebration and Sale at the UBC Botanical Garden on April 9 from 11-4. (Plan to arrive early for this extremely popular event if you want to get in on the guided tours or bag the best plant buys.)

The concept of edible landscaping has been firing the imagination of many a gardener recently. What could be better than creating a garden that is pleasing to all the senses with wonderful fragrances, beautiful colors, artistic forms, intriguing textures, and every plant also providing a food, flavoring or medicine? For those who love the idea but don't have a knack for design, there are books and edible-landscaping specialists that can be consulted. And for those who want the

Continued on page 37

C A R D F I L E

Safecoat Paints

Introducing **SAFE**COAT paints, sealers and products:

- non-toxic, zero VOC interior paints and sealers
- wood finishes, clear coats
- odourless dye-free shampoo's and household cleaners.

SAFECOAT products, for the chemically sensitive and those that have allergies, create a healthier home for you and your family.



Canadian Building Restoration Products Inc.

604 980-3325

www.cbrproducts.bc.ca
www.brodacoatings.com



Sun Feature

Juice Bar & Health Food Store

- Wheat Grass & Juice Bar
- Juicers
- Organic Groceries
- Skin Care Products
- Herbs & Vitamins
- Books

\$100 OFF
New Image
Wheatgrass
Juicer

With This
Coupon

3642 W. 4th Avenue • (604) 738-5702

GET HEALTHY WATER IN YOUR HOME!

Far beyond what any filters can do.

Put New Life Force In Your Water.

Restores and energizes your Water via a double vortex energy field that processes all of your Water.

Vancouver tel: 990-5462

Toll free: 1-888-644-7754

Web Site: www.alivewater.net

RESEARCH -FACTS -TESTIMONIALS

- NORDIC LIVING WATER SYSTEMS -

Proven in Europe since 1985.



INSIGHT Meditate

Easter Weekend

April 20-24

Info **720-7201**

Cost (Food & Accommodation) \$200



Organic & Specialty Breads

127 Lonsdale Ave., North Vancouver. Tel: (604) 990-3530

Located two blocks from the Seabus Terminal
Open Tues.-Fri. 7 am to 6:30 pm; Sat. 9 am to 5 pm
Closed Sundays & Mondays

Tending the Dream

What's Up?

"Dreamwork" said Carl Jung, "is the Royal Road to the unconscious." Private and Group sessions exploring life as reflected through our dreams, using Jung, Hillman, Aizenstat and Brugh Joy as a road map.

CALL **ROKIE (604) 228-0011**



Never Buy Tampons or Pads Again!

Small rubber cap is worn internally. Sanitary & reliable. Comfortable, easy to use

Menstrual Cap

Free Brochure
800-663-0427

Guaranteed

Safe for overnight. Great for sports, swimming, travel, etc. Lasts at least 10 years. Accepted FDA 1987. Health & Welfare 1992

www.keeper.com

"I can't believe every woman in the world isn't using The Keeper!" (Chris)
"This is a hidden treasure. It's clean and odorless." (Keitha)
"How could I have ignored the ads for so many years?" (Diane)

Pollution Free Lawn & Garden Care



No power tools used while providing Lawn Cutting, Hedge Trimming, Aeration, Dethatching & Moss Control. RESIDENTIAL & COMMERCIAL

Lloyd's of Lawn Done

Quality Lawn & Garden Care Without Polluting the Air
Call: 589-9117 <http://LloydsOfLawnDone.com>



**Oceans Blue Foundation
and Granville Island Brewing
Present
Oceans Blue Beer**

Oceans Blue Foundation and Granville Island Brewing are pleased to present Oceans Blue Beer, a 'Limited Release' Pilsner, available at the Granville Island Brewing retail location on Granville Island while quantities last.

Oceans Blue Foundation is a Vancouver based environmental charity dedicated to conserving our blue and green - or marine and terrestrial - environments, through education and awareness. The Foundation promotes environmental responsibility within the tourism industry through three program areas: community participation, strategic planning and education and awareness.

Canada's oldest microbrewery, Vancouver's Granville Island Brewing has a strong commitment to the local community. Launching Oceans Blue Beer ties in with the brewery's support of Keep Vancouver Spectacular, a volunteer run annual community clean up program initiated by Oceans Blue Foundation and Tourism Vancouver in 1996, and now jointly coordinated by Oceans Blue Foundation and the City of Vancouver.

Granville Island Brewing is committed to environmental responsibility within its own operations. The brewery has its own liquid waste treatment plant in Kelowna, where effluent is cleaned before release into the local water system. Bottles are refilled and reused, with a recovery rate of more than 95%, and boxes used to package the beer are both recyclable and made with recycled fibres.

Granville Island Brewing is very pleased to support the Oceans Blue Foundation," says Marketing Manager Don Ross. "Their work toward enhancing the quality of the environment is something we feel is important, and think our customers will also."

Oceans Blue Beer is described as a copper coloured Munich Pilsner with a slightly sweet and malty flavour modelled after the brews served at Oktoberfest in Germany. It will be packaged in 650 ml bottles and priced at \$4.75 per bottle. The label bears a picture of a bright blue starfish, symbol of Oceans Blue Foundation. "We chose the starfish as our symbol because like our coastal environments it is resilient and adaptable, yet vulnerable at the same time," says Foundation Executive Director Coralie Mackie. "Further, the five arms of the starfish remind us of the five edicts of environmentally responsible behaviour: reduce, reuse, recycle, respect and restore."



PRODUCERS OF

OCEANS BLUE BEER

A PORTION OF SALE PROCEEDS GO TO SUPPORT THE
OCEANS BLUE FOUNDATION.

ALL NATURAL - UNPASTEURIZED

GRANVILLE ISLAND BREWING RETAIL STORE

1441 CARTWRIGHT ST. PHONE: 687-2739

OPEN 9 AM - 7 PM 7 DAYS A WEEK

A Path is Not 'The Way'

by Gwen Randall-Young



Gwen Randall-Young

There are many pathways along the journey to higher consciousness, and many teachers on the path. Often individuals search to find the one path that suits them, and upon finding it, embrace it fully. There is a security in this, because the structure allows them to be followers. Since others have blazed the trail, followers need only heed the directional signs. Sometimes it may be difficult to stay on the path, so the struggle is simply to stay focused, and to keep coming back to it. Following is one way to progress along a path. It prevents one from getting lost and wandering around aimlessly. A subtle shift in consciousness occurs, however, in individuals and groups, when one path is embraced in favor of all others. At the individual level, there is a surrender to the ideals or leaders of that path. At the group level, there may be a process of detachment, as the group separates itself from the rest. It does this by defining boundaries, including what is 'our path' and excluding what is 'their path', or 'no path'. What is often lost in this process is the unity consciousness, the all inclusiveness, the love and acceptance of all beings as equals. Whether it is overtly stated or not, beneath the outward acknowledgement and acceptance of all paths, lies the inner certainty that 'my path is the true path'. Followers of one path may reinforce and validate one another, strengthening their belief that they are 'right on'. A path, however, is not 'the way'. 'The way' is more like an internal flight path. Think of the birds that migrate from the Northern to the Southern Hemisphere in the fall. They can cover great distances, returning each year to the exact nesting ground from which they left. Our souls may be like that. We may 'migrate' onto the Earth for a lifetime, yet in the moment we are born, we are beginning the return journey. We each have an 'internal flight path', which leads us surely and safely home. The more closely we tune in to that inner knowing, the more authentically we live. Living authentically means being ourselves: genuinely, clearly, openly. Spiritual authenticity means allowing the energy of spirit to express itself uniquely through oneself. It means trusting yourself to be a reflection or embodiment of the highest consciousness. It means allowing the breath of spirit to move through you, as through a flute or panpipes, sounding the unique note that is the co-creation of the wind and the instrument. We are the

instruments through which God, Buddha, Allah, the Tao, or universal intelligence finds expression on Earth. Even if there was not a single path to follow, nor a single leader or teacher, we could still find 'the way'. Sometimes as we get caught up in the verbiage of a particular path, we drown out the silence which holds

eternal truth. As we listen to the voices of others, we may lose the ability or motivation to give voice to truth as it awakens within us. Spirit is evolving, like everything else in the Universe, and always there must be those in each generation or era who express its evolving essence as it manifests within their consciousness. In the past, such thinkers may have been called heretics or mystics, and the truth of their visions may not have been validated until hundreds of years later. Individuals who have the courage to express their own awareness of spirit can awaken others. Like a flashlight beam illuminating the way ahead, the light of their understanding moves us all forward. How fortunate we are to be living at this time. The wisdom of the many spiritual traditions is readily available to all, at the same time as we are becoming aware that we are spiritual beings. We can embrace the wisdom of the wisest in all traditions, filter it through our evolving consciousness, blend it in the loving crucible of our hearts, and then release it through expression out into the field of the collective consciousness. What powerful fertilizer for growing human awareness. Just as a seed provides the nutrients for an emerging flower, human consciousness is the seed for the blossoming of spirit in our world. It blossoms through each and every one of us to the extent we will allow. This is what we came here to do, it is why we are here, and it is who we are. It is the way.

Gwen Randall-Young is a psychotherapist and author of *Dancing Soul: The Voice of Spirit Evolving*. She has also written *Echoes Through Time: A Message of Healing for Men, Baby Soul: A Blessing of Spirit*, and produced audiocassettes entitled, *After Recess: A Calming Meditation for the Elementary School Classroom*, and *Healing the Past: A Meditation for Wholeness*. New Audiocassette!! *A World Of Kindness: Experiencing Personal and Global Harmony* grandall@telusplanet.net or gwendall@home.com

Recharging Your Sexual Energy in the Spring

By Dr. David Bo Zhong

Springtime is a beautiful time. When everything is blooming, you can feel the power of universal energy. Historically, in Asia spring has always been the most important season for rejuvenation for Royal Family members.

TCM doctors and Qigong masters consider fall and winter the optimum seasons for preserving energy. With the arrival of spring, sexual energy returns enabling you to enjoy sex as much as you like without endangering your health. In Western countries, people do not adjust their sexuality to the natural seasonal changes resulting in their basic energy being gradually lost in the fall and winter, leading to weakened energy in the spring; this lack of energy, in turn, causing one to be easily exhausted. When the essence is too low, the kidneys will not function fully. With the depletion of kidney energy the heart and liver become damaged. The immune system is weakened which is dangerous as it leads to a recurrence of chronic pain. Existing conditions such as cancer can become worse.

The following are some of the secrets used by the Royal Doctors when treating these problems:

We must be careful in choosing the foods we consume in spring. The Royal Doctors emphasized the importance of having a seventy percent vegetarian diet with more than the usual amount of apple cider vinegar. If you are a heavy meat eater you should replace cow's milk with soya milk. Tofu or mushrooms are also good for the body. In the spring,

body toxins are more likely to be released from the spleen and digestive system. Apple cider vinegar combined with honey has a calming effect and also increases sexual energy. Meditation is very important. Clutch fingers with palms facing the floor. Try to visualize the energy circulating in your lower belly (Dantian). This will not only decrease your stress level but also provides a sense of inner peace. Some herbs are very good for nourishing and maintaining health. The following is a recipe I recommend often:

Spiny Jujube Seed, 30 g. Eucommia Bark, 15 g.

Root of Baikal skullcap, 30 g. Licorice Root, 8 g.

Figwort Root, 30 g. Glossy Ganoderma, 3 g.

Herb of Sagittate Epimedium 30 g. Rhizome of Largehead Atractylodes 3g.

Root of Red Rooted Salvia - 15 g. Chinese Angelica, 3 g.

To prepare the tea, place all above ingredients in a pot along with six cups (teacup size) of water. Bring the mixture to a boil and simmer approximately ½ hour until the liquid is reduced to approximately one cup (coffee cup size). A cup and ½ is OK. Strain the tea into a cup and drink once in the morning. Using the same herbs, prepare this again in the evening. Make each cup of tea just before you drink it. Refrigerate the herbs between uses. The same herbs can be used for 2 days.

concerned about health effects of
electromagnetic fields
at home or at work?



best quality,
lowest priced,
calibrated
METERS to
measure electric,
magnetic fields,
radio,
microwave,
radon, ions,
radioactivity,
geomagnetics

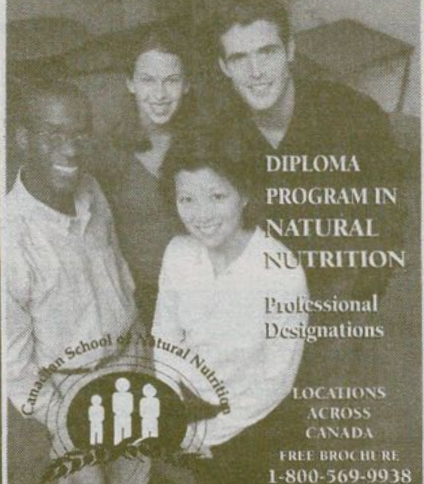
ESSENTIA

100 Bronson Avenue, #1001
OTTAWA, Ontario K1R 6G8
(613) 238-4437 / fax: (613) 235-5876

FREE shipping with this ad till June 30,
ask for our **2000** booklist

A REMARKABLE LIFE

Where **Career** Meets
Passion



**DIPLOMA
PROGRAM IN
NATURAL
NUTRITION**
Professional
Designations

LOCATIONS
ACROSS
CANADA
FREE BROCHURE
1-800-569-9938

Teaching the Medicine of the Future®

www.csnr.ca

Canadian School of Natural Nutrition

Body
Electric's



Two Spirits

An Erotic Retreat for Men & Women

Expand your erotic education with this 4-day residential retreat in a beautiful rural setting. Drawing upon a heart-centered approach that honours the erotic as sacred, this retreat offers men and women a chance to teach and learn from each other in a safe, serious and playful space that respects boundaries while embracing pleasure. Open to individuals and couples.

Gabriola Island

May 17-21, 2000

for more information call Emaya

1-888-247-9561

Birthing Coach

- ❖ Waterbirth and VBAC information
- ❖ Childbirth classes and waterbirth videos
- ❖ Prenatal counselling, classes, doctor referral
- ❖ Breast-feeding information
- ❖ Waterbirthing tub rental

Luisa Sanchez C.C.E.

tel **739-6729** or pager **680-5687**

Birth Attendant & Certified Childbirth Educator

Services also available in Spanish, French or Portuguese



Dr. Luke & Theresa's Natural Therapy Clinic

Acupuncture Acupressure
Vital Herbs



**Every Tuesday
3:00pm - 6:00pm**
free diagnosis and treatment

**Dr. Luke Cao and
Dr. Theresa Zhang**
Graduated from the Shanghai
University of Traditional
Chinese Medicine

#207-6411 Nelson Ave. Burnaby
(Metrotown Medical-Dental Centre)

Whirlwind Productions &
Mystical Moments Present

The 4th Annual
**Beltane Bash &
the Fort Celtic
Festival**

April 29th & 30th, 2000

11:00am to 6:00pm

**Fort Langley
Community Hall
9167 Glover Rd.**

Community Event with
Over 60 Vendors
Workshops & Entertainment
Children's Center

Paddlewheeler Tours

For more info call:
Terri-Lynn @ 882-1765

ARTGO STUDIO

- Graphics
- Animation
- Illustration
- Interior Design
- Art Courses
- Gallery Rental

T: (604)605-8601

F: (604)605-8621

E-mail: artgo@intergate.ca



**"our team was thinking
as a *single unit*, with an
intelligence far beyond
any one individual."**

coaching team thinking april 14-16
coaching team innovation april 17-18
why is it that so few teams share a real group vision?
effective coaching for team thinking and innovation
is the key management skill for entrepreneurs, managers
and human resource professionals. Free intro April 5th

free nVision Evening, april 5 & 18 - call now
align your vision for life & work in this free program
systemic nlp practitioner certification
evening program starts june 9, intensive program june 9-24
bring a friend - 20th anniversary 2 for 1 offer
systemic nlp mastertrack july 3-21
bring a friend - 20th anniversary 2 for 1 offer



erickson.edu
breakthrough training technologies

Erickson College
Erickson University
International
20th anniversary

call now: 604 879-5600 toll free: 800 665-6949 visit: www.erickson.edu

thinking
innovation

training
transformation



with Marilyn Atkinson MA
Internationally Acclaimed Trainer

systemic nlp

integrity
vision &
management



AURORA AWAKENING PRESENTS:

Solstice 2000

WITH DOREEN VIRTUE IN FORT MCMURRAY, ALBERTA

Opening Hearts as Angels Embrace the Earth JUNE 21-25



Over 30 activities to choose from to enhance your personal journey:

ANGELS	CRYSTAL HEALING	HOLISTIC FAIR	SWEAT LODGE
CHANNELING	DIDJERIDU	LIGHT BODY	TAI CHI
CHANTING	DRUM MAKING	REIKI	TONING
CHILDREN'S ACTIVITIES	FENG SHUI	SUNRISE ACTIVITIES	VIBRATIONAL HEALING
CRANIOSACRAL	FIREWALK	SPIRITUAL GROWTH	YOGA

FOR MORE INFORMATION CONTACT:

Karen Agopsowicz PHONE/FAX: (780)791-2663

EMAIL: aurora.awakening@home.com WEBSITE: www.ftmcmurray.net/aurora.awakening.htm

Inquire about Vendor Opportunities for our Holistic Fair.



OfficeWise Ltd

Now in a
NEW
LOCATION!

We Give OLD Furniture a NEW Home!
Our useful furniture needs a good second home!



Come to OfficeWise and check out our full line of
recycled office furniture... at reduced rates...

Desks, filing cabinets & chairs...
starting from \$25

Recycled copiers
& other products...
quality stuff at
great prices!

Make a used piece of office
furniture feel wanted
again...



Suite 100 - 2331 Alberta Street, Vancouver BC, V5Y 4A7

The greatest pleasure in life
is doing what people say you cannot do
-Walter Bagehot

Declaration of Interdependence

by David Suzuki

This We Know

We are the earth, through the plants and animals that nourish us. We are the rains and the oceans that flow through our veins. We are the breath of the forests of the land, and the plants of the sea. We are human animals, related to all other life as descendants of the firstborn cell. We share with these kin a common history, written in our genes. We share a common present, filled with uncertainty. And we share a common future, as yet untold.

We humans are but one of thirty million species weaving the thin layer of life enveloping the world. The stability of communities of living things depends upon this diversity. Linked in that web, we are interconnected - using, cleansing, sharing and replenishing the fundamental elements of life.

Our home, planet Earth, is finite: all life shares its resources and the energy from the sun, and therefore has limits to growth. For the first time, we have touched those limits. When we compromise the air, the water, the soil, and the variety of life, we steal from the endless future to serve the fleeting present.

This We Believe

Humans have become so numerous and our tools so powerful that we have driven fellow creatures to extinction, dammed the great rivers, torn down ancient forests, poisoned the earth, rain and wind, and ripped holes in the sky.

Our science has brought pain as well as joy; our comfort is paid for by the suffering of millions. We are learning from our mistakes, we are mourning our vanished kind, and we now build a new politics of hope. We respect and uphold the absolute need for clean air, water, and soil.

We see that economic activities that benefit the few while shrinking the inheritance of many are wrong and since environmental degradation erodes biological capital forever, full ecological and social costs must enter all equations of development. We are one brief generation in the long march of time; the future is not ours to erase.

So where knowledge is limited, we will remember all those who will walk after us, and err on the side of caution.

This We Resolve

All this that we know and believe must now become the foundation of the way we live. At this turning point in our relationship with earth, we work for an evolution; from dominance to partnership; from fragmentation to connection; from insecurity to interdependence. www.davidsuzuki.org

*The Land Trust Alliance of British Columbia
presents*

**Land Trusts -
Preserving Sensitive Lands in British Columbia**

New - 25 min. video \$25 (20 members) + 2.5 shipping
also available

Giving the Land a Voice, Mapping Our Home Places
revised & updated manual - for conservation, community
planning and education (upper level - adult)
\$20 (15 members) + 2.50 shipping

To order copies of video or book:

LTABC Land Trust Alliance of British Columbia 204-338 Lower Ganges Road, Salt
Spring Is. B.C.V8K 2V3 250-538-0112, fax 250-538-0172 ltabc@saltspring.com

think they can prescribe for it. The real experts on Vancouver are the people who live there. There are certain principles I would suggest. When people protest something, the NIMBY syndrome, "Put it in somebody else's backyard", about something being done that they think will harm their neighbourhood, planners and politicians in general often dismiss this as selfishness but I think they should be listened to carefully because what is not good in one neighbourhood's back yard is not going to be good in any of them. If it seems harmful, more thought is needed about what to do instead of this thing that nobody wants. A lot of highways have been built unnecessarily and harmfully because people's protests have been disregarded or the problem was just relocated elsewhere instead of thinking what might be done instead of this highway which nobody wants. Assisted housing got a bad name and it deserved it because of the dreadful planning that went into it, the awful inhumane projects that were built all over the world until pretty soon people said, "No, not in our neighbourhood. We won't have it in our neighbourhood." Well, they were right. They shouldn't have gone into anybody's neighbourhood. The solution was to do the assisted housing in a humane and different way. I think Vancouver has probably been pretty good about that. In Toronto we also learned to do it well so people don't object any more. It became good assisted housing. In Toronto we're in an unfortunate situation because we have a province that is mean-minded about people who are poor. [In Toronto] people who rent apartments who are often among the poorest

are taxed disproportionately high because they're income producing and then that higher tax goes right into their rent. So the poorest people are paying disproportionately high rates of property taxes compared to homeowners. Small businesses are often paying far too much compared to rich office buildings because their ground floors are valuable and because the property tax now is forced to be levied on what places have sold for. It's a terrible mess and very inequitable and falls hardest on people who can't afford it. These are real problems.

JR: What are your suggestions?

JJ: The suggestion is that the city have much more autonomy and power to set its own taxes and programs. Way back when cities were first given charters, like London in late medieval times and the cities of the Netherlands, they received certain powers. One power they always got was the power to form their own taxes. It was recognized way back then that the tax systems that were used out in the country weren't suitable for the strange new settlements of cities.

JR: What's closest to your heart these days?

JJ: Well I expect that making things work better is close to the hearts of the readers of Common Ground. I'd like to leave you with the fact that there are an awful lot of other people who feel like you....there's a lot going on that's constructive. It's really quite an exciting and optimistic time to be alive. People are really getting out of old straitjackets and thinking. Maybe they're getting into new straitjackets, but let's hope not. Let's hope they're getting closer to the truth. They're understanding webs more than linear thinking. That's very hopeful. We can all do something for the world.

Organic Gardening continued from page 33

ultimate green garden challenge, how about an edible native plant garden? Sign-up for the ethnobotanical tours at the Native Plant Celebration or take a trip to the Umista Cultural Center in Alert Bay and a tour of their ethnobotanical garden. Dr. McCutcheon is a research associate in the Dept. of Botany at UBC, author, member of the federal Expert Advisory Committee on Complimentary Medicine and past-president of the Canadian Herb Society who would really prefer to spend most of her time in the garden or in the field studying plants.

Resources

Canada's Organic Community <http://www.inforanics.com/index.htm>

Canadian Herb Society, 5251 Oak St., Vancouver V6M4H1, www.herbsociety.ca
 Certified Organic Associations of BC, 4607A -23rd Street, Vernon, BC. V1T 4K7, <http://www.certifiedorganic.bc.ca/>
 City of Vancouver, Greenways Program and Water Conversation Programs. Contact Ross Waddell at 255-5719, waterworks_design@hotmail.com
 Naturescape BC, 10-245 West 2nd Ave, Vancouver, V6K 1J5, theresa.duynstee@gvrd.bc.ca
 NPSBC Native Plant Society of British Columbia, 2012 William St., Vancouver, V5L 2X6 npsbc@hotmail.com
 Umista Cultural Society, Box 243, Alert Bay, BC, V0N 1A0 <http://www.umista.org/main>

be revolutionized. We could stop viewing ourselves as simply consumers, and start seeing ourselves as deeply connected to Nature, part of a community of citizens. Consider this new scenario: To get to work, you walk from your townhouse, which has been carefully sited to get the maximum sunshine in winter and the maximum shade in summer. You walk through a community park to a solar-heated building. From your office window, the air is so clear you can see the wind-driven turbines that generate electric power for your neighbourhood. Beyond them, a green belt of farmland and wilderness separates this community from its neighbours. Screened by trees, a small landfill provides methane (another powerful greenhouse gas), which is captured and used to generate electricity and heat for nearby use. Your children walk or bike to school. The community is small and the crime-rate low and your spouse telecommutes from home. Asthma rates have declined, thanks to a fall in air pollution due to fuel-efficient vehicles, new forms of power generation and widespread energy conservation. Unemployment figures have also dropped, thanks in part to a rising number of jobs in the alternative-energy sector and in the building of an energy efficient economy. Reduced fuel and travel costs mean less pressure for overtime, and more opportunities to

relax. Come the weekend, there's no grass to mow; low-growing, drought-tolerant native plants provide a brilliant green border around your patio. You cycle along tree-lined streets to the shopping plaza, carrying your groceries home in a bike trailer. When you need to travel to another community, a phone call brings a mini-bus to your door for a quick ride to the inter-urban light-rail transit line. Once or twice a month, you borrow a super-fuel-efficient hybrid or fuel cell vehicle from the car exchange, one of several co-ops in the community that provide groceries, financial services and clothing. The co-ops build community spirit and inter-dependence by encouraging residents to share resources and solve problems together. Doesn't this way of life sound more appealing than the first scenario? Best of all, most of the technology to make it happen is available right now. All that is lacking is the political will.

To commemorate Earth Week in Vancouver, The David Suzuki Foundation is hosting "Power Shift: Cool Solutions to Global Warming". This multi-media event will include a keynote address by David Suzuki and sustainable energy expert Ralph Torrie, plus an expo of solutions to climate change and air pollution. Tuesday, April 18; Expo Opens: 5:30, Keynote Address: 7:30; Hyatt Regency Hotel; Tickets: \$10.00 and \$5.00 (students/seniors/low-income)

If you are tired of hearing...
 "There is nothing that can be done."
 "You just have to live with this pain"

HELP IS JUST A PHONE CALL AWAY
97% Success Rate

"If I can succeed in making life more enjoyable and less painful for those who come to me, then my mission in life has been accomplished."

"...who have nowhere to go, but come to me. I get a tremendous feeling of calm satisfaction every time I see a smile on the face of a person whose pain I was able to remove"

- Suzanne

Suzanne Peymani
 (604) 983-2133



Suzanne Peymani - Spiritual Healer

Alternatives to Dental Amalgam

"Health is beauty, and the most perfect health is the most perfect beauty."



Dr. Peter Brawn
 DENTAL MEDICINE & ESTHETIC DENTISTRY

Dr. Peter Brawn is a member of The American Academy of Cosmetic Dentistry, and The International Academy of Oral Medicine and Toxicology.

320-7252 / 1-877-299-7252

New Patients Welcome



No more sleeplessness at night, enjoy peaceful dreams of life

HEALING INSOMNIA
 with Traditional Chinese Medicine (TCM)

The true TCM advantages:

1. All natural, time-tested approach, no side effects
2. Promote real sleep, improve both quantity and quality of sleep
3. Healing the root cause, no dependency problem

Dr. Weidong Yu, TCMD, B.M. (China), M.P.H. (Belgium)

For more information, please call (604) 737-7876

916 W. King Edward Ave. (at Oak St., East Wing of Safeway Mall)

Wellspring Clinic for Holistic Medicine

DISPOSABLE NEEDLES ~ FREE PARKING



bēcel Presents
**Fitness and Wellness
E X P O**

Plaza of Nations

May 4	4:00pm - 9:00pm
May 5	10:00am - 9:00pm
May 6	10:00am - 7:00pm
May 7	6:00am - 2:00pm

Free Admission

- Health Exhibits • Seminars • Cooking Displays
- **ROCK 101** Stage • Kids Korner • Free Events



adidas
**VANCOUVER INTERNATIONAL
MARATHON**
May 7, 2000

Wheelchair Half Marathon
Full Marathon • Half Marathon • 5 Miler
SUNDAY, MAY 7TH, 7:00 AM, PLAZA OF NATIONS
EARLY BIRD ENTRIES CLOSES MARCH 31, 2000
ROAD CLOSURES MAY 7TH 5:00 AM

www.vanmarathon.bc.ca



VOLUNTEERS WANTED

"Be a part of Canada's biggest and best marathon"

- Fitness & Wellness Expo
- Marathon
- Half Marathon
- Five Miler
- Pasta Dinners & Parties

www.vanmarathon.bc.ca email: vim@istar.ca



VOLUNTEER MEETING:

Saturday, April 8, 2000, 10:00 am
HOLIDAY INN, 1110 HOWE STREET, VANCOUVER

Phone: (604) 872-2928 Cell: (604) 828-4573

See How They Run

by Michelle Versteeg

You go girl! Women have successfully infiltrated boardrooms, showing the world that female smarts are a phenomenon to be reckoned with. Women have seized their rights and proven themselves in a male dominated workforce. And the latest trend in women's movements? Running. In the last four years, the Vancouver International Marathon has reported significant growth in female entries. In 1999, the women actually surpassed the men, accounting for 52% of total marathon participants. In addition, approximately half of these women fell between the ages of 35 and 49. These are truly women on the run - women engaged in the delicate balance of career, family and relationships.

The growing number of female participants in the Vancouver International Marathon shows that marathons are not just for the die-hard athletes. Busy women are setting fitness goals that suit their individuality. Wellness of mind, body and spirit is for everyone and running is an excellent step on the road to good health. Whether these women train from behind a stroller along the seawall or incorporate a comprehensive fitness routine into their hectic schedules, they are finding that running is a relaxant. Running offers a time when societal influences and stereotypes can disappear. It's a place of introspection, physical strength and endurance. The numbers are evidence that women not only work as hard as men; they also play as hard as men. It's figures like these that have prompted many companies to recognize the growing marketplace for female athletes. Recreational products are cropping up with women in mind and that is good news for a group that has been consistently overlooked for too long. With more women running in marathons and participating in other, hardy sporting activities, companies have realized that a unique set of merchandise, from baby strollers to sports bras, is necessary to accommodate the distinctive needs of today's physically active women.

The Vancouver International Marathon has also seen a rise in overall participation among the baby boomer generation, both men and women. Younger people are taking

a keen interest in marathons as well. The under-30 category of the Vancouver International Marathon has also grown in the past few years - an indication that running continues to be a favorite pursuit among young people. A marathon that welcomes runners from all over the globe, the VIM attracts runners for different reasons. Some are in it to win a race. Some wish to push themselves to accomplish a goal they have set and still others want to experience the sheer excitement and grueling exertion that a world-class marathon can offer.

What is it about running that people are so enthralled with? The feeling of oneness, soaring atop the surface of the earth and an acute awareness of one's own body could be part of the reason for its worldwide popularity. While each runner has his/her own particular impetus to run, the health benefits are definitely a major factor. Wellness issues for men and women are different and it is important for runners to educate themselves on potential risks associated with running. Women have been shown to receive more injuries such as ankle sprains, hip problems and shinsplints than their male counterparts. There are preventative measures, cross-training for example, that may be taken to build up strength to avoid such injuries.

As in any other pursuit, knowledge is power. Male or female, you can get the most from your fitness regimen by informing yourself on the various training methods, nutrition options, and health concerns. The Fitness & Wellness Expo is the perfect opportunity to do just that. As part of the Vancouver International Marathon, the Expo takes place at the Plaza of Nations on May 4-7, 2000. Whether you are running the Marathon, supporting someone who is, or just plain interested in your physical well-being, a wealth of information is available for health enthusiasts of today and tomorrow. Various displays, presentations and booths will answer fitness questions and provide details on the latest in wellness trends. The Fitness & Wellness Expo will also feature live entertainment. Admission is free - now there's a reason to run in and check it out.



**Community
Markets**

ADVERTISING SPONSOR

West Van	Kitsilano	Robson	Victoria
2496 Marine Dr. (604) 925-3316	2285 W. 4th Ave (604) 739-6676	1675 Robson St. (604) 687-5288	3995 Quadra St. (250) 727-9888

YOUR BODY AS YOU KNOW IT
WILL NO LONGER EXIST



Why? Because you're about to discover **transform+**, an innovative, natural supplement. Combined with an active lifestyle, it can help you attain the body you're working for. Only **transform+** offers the ultimate protein combination of Alphapure™ whey protein and non-GMO soy protein isolates. Better still, each serving contains a full daily dose of the award-winning **greens+** to give you the nutrients you need. **transform+** helps your body build muscle while burning fat, and slows the aging process. The result: you look and feel better, inside and out. Try the balanced approach to achieving your health objectives. **transform+** will help you recognize your goals, and you'll hardly recognize yourself.

Brought to you by the makers of **greens+**
Tel: 416-977-8765 or 1-877-500-7888
Fax: 416-977-4184
www.greenspluscanada.com

Available in regular and natural strawberry flavours
where leading supplements are found.

Free Public Seminar with Brad King, MFS "Transform Your Life From The Inside Out"
Tuesday, April 25, 2000 7:30 - 9:00 pm
North Shore Conference Centre, 1999 Marine Drive, North Vancouver

Starved for Energy?



Eat your Greens!

greens+ is a natural **superfood** that may increase energy levels and relieve the body of **fatigue** and **stress**. It contains a potent source of vitamins and minerals. In fact, one serving is equivalent to 6 cups of **organic vegetables**! Test after test

has shown that every ingredient in greens+ is of the highest **quality** to ensure **effective** and consistent results. So when you're starved for energy, eat your greens+. We **guarantee** you'll notice the difference.

Available where leading supplements are found. www.greenspluscanada.com